

City of Renton Community Services Department
Nationally Accredited
Commission for Accreditation of Park and Recreation Agencies

What's Happening...

Winter & Spring 2007



425.430.6700 or www.rentonwa.gov

Community News

40 Developmental Assets

Community members are embarking on a great journey to bring an awareness of the Search Institute's Developmental Assets to the Renton area.

The importance of assets research shows that the more assets young people have, the less likely they are to engage in risky behavior. These activities which many of you engage in daily, can have powerful effects. It is all about our youth.

The institute promotes the five action strategies:

Engage Adults - Engage adults from all walks of life to develop sustained, strength-building relationships with children and adolescents, both within families and in neighborhoods.

Mobilize Young People - Mobilize young people to use their power as asset builders and change agents.

Activate Sectors - Activate all sectors of the community-such as schools, faith based organizations, youth, businesses, human services and health-care organizations-to create an asset-building culture and to contribute fully to young people's healthy development.

Invigorate Programs - Invigorate, expand and enhance programs to become more asset rich, and to be available to and accessed by all children and youth.

Influence Civic Decisions - Influence decision makers and opinion leaders to leverage financial media, and policy resources in support of this positive transformation of communities and society.

Assets are easy to build! Asset building is about relationships – anyone can do it. You can make a difference and help a young person succeed. If you would like more information you can go to www.search-institute.org or to find out how to get involved locally go to www.showyourassetsrenton.org. Throughout this brochure, you will see some of the 50 ways to help your family thrive as identified by the Search Institute's 40 Developmental Assets Program. Pick up copies of the 40 Developmental Assets at libraries and community centers. Get involved and make a difference for youth.



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Communities In Schools of Renton

Helping Kids Succeed
www.ci.renton.wa.us/cisr



Helping Kids Prepare for Life

Since 1994, Communities In Schools of Renton has been bringing resources and families together to keep children in school and help them lead productive lives. If you are interested in learning how you can make a difference for youth in Renton, please contact **Susan Richards, Executive Director, at 425.430.6656.**

Make a difference in just one hour a week!

Mentors provide Renton school children with encouragement, guidance and friendship. A mentor serves as a mature and experienced role model and friend who supports and encourages success. Participants meet for one hour each week during the school day. They play games, sports, do arts & crafts or just talk. To learn more, about this exciting opportunity contact **Erin Iverson at 425.430.6659.** Together, we can make a difference in the life of a child.

Can you Help?

In our work with children to help them come to school prepared to learn, we often find needs for basic household supplies and personal care items in their homes. To help us meet this need, we are asking for donations of items such as laundry detergent, dish soap, deodorant, bath soap, razors, shampoo, feminine hygiene supplies and diapers.

If you can help with donations of these items, please call **Gail Burton at 425.204.2408.**

Renton Unveils Dynamic New Video

There is an exciting transformation underway in the City of Renton and now is the time to be a part of it.

Watch the new video, "The Center of Opportunity," to see Renton's amazing success story through the eyes of the people who are making it happen.

Visit
www.rentonwa.gov

Community News

Remembering Marge Richter

Ms. Richter's legacy of caring for our community through her volunteerism and dedication is remarkable. As a member of the Park Board, Airport Advisory Committee, Transit Advisory Committee, and Renton Historical Society Board, she consistently provided a valuable citizen's perspective on issues and programs. During the City's Centennial celebration in 2001, she was an active committee member, providing not only a link to Renton's history but also a key to our future. Additionally, she worked to help raise funds for the new Veterans Memorial Park. Spurring from her initial association with the Downtown Renton Association, Marge continued to bring vitality to the downtown core through her volunteer efforts with both the Renton Farmers Market and Piazza Renton. She spearheaded the first Spring Clean-Up that has evolved into the Spring Festival, and has helped produce many other downtown events, including the Harvest Festival and Holiday Tree Lighting. Marge was also a valuable contributor to her North Renton Neighborhood Association. Her loyalty to all that was done in our City is obvious, simply look in the front row at any event...she was always there.

Marjorie "Marge" Richter of Renton died April 9, 2006, in Renton. She was 80. Born March 26, 1926, in Aberdeen, South Dakota, she married William Richter on July 14, 1951, in Coeur d'Alene and lived in Renton since 1942. Mrs. Richter was the owner and operator of Marge's Gift Box in Renton. She was chosen as volunteer



of the year in 2003 and nominated for citizen of the year in 2004. She had been a Renton activist and volunteer member of the Park Board, Historical Society, TOPS Club 60, Airport and Transit Advisory Committee, Piazza Renton Committee, Renton River Days, Renton Veterans Memorial, Farmers Market committee and North Renton Neighborhood Association. She enjoyed sewing, traveling, water skiing in her younger years, and supporting her children and grandchildren's sport activities.

She is survived by her husband; William, sons, Frank Graves of Phoenix and Tim Graves of Republic; daughters, Peggy Spjut of Brush Prairie and Molly Fitzgerald of Renton; brothers, Harry Ballard Jr. of Renton, Richard Ballard of Wrangell, Alaska, and Michael Ballard of SeaTac; 14 grandchildren; and two great-grandchildren.

"Got Time?"

Renton Community Services Programs offer a large variety of volunteer opportunities in which you or your organization can be involved. These range from one-time events to year-round or seasonal programs. Volunteers have the opportunity to make a difference in our community while meeting new people and becoming familiar with programs and a park system that renews and refreshes all who participate.

If you'd like to donate your time, or, if you have a group of volunteers, please contact Community Services at 425.430.6600, www.rentonwa.gov or one of the volunteer program coordinators listed below. For additional information on volunteer opportunities with the City of Renton, visit our website at www.ci.renton.wa.us/attract/volnopp.htm.

Parks - Bonnie Rerecich - 425.430.6600 or Brerecich@ci.renton.wa.us
 Housing Repair Assistance - Tim Lawless - 425.430.6653 or Tlawless@ci.renton.wa.us
 Carco Theater - Vincent Orduna - 425.430.6706 or Vorduna@ci.renton.wa.us
 Youth Athletics - Sean Claggett - 425.430.6700 or Sclaggett@ci.renton.wa.us
 Facilities - Dennis Conte - 425.430.6643 or Dconte@ci.renton.wa.us
 Public Library - Aaron Oesting - 425.430.6830 or Aoesting@ci.renton.wa.us
 Renton History Museum - Dorota Rahn - 425.255.2330 or Drahn@ci.renton.wa.us
 Recreation Programs - Kris Stimpson - 425.430.6700 or Kstimpson@ci.renton.wa.us
 Special Events - Shirley Anderson - 425.430.6700 or Sanderson@ci.renton.wa.us
 Renton River Days - Sonja Mejlaender - 425.430.6514 or Smejlaender@ci.renton.wa.us
 Renton Senior Activity Center - Shawn Daly - 425.430.6633 or Sdaly@ci.renton.wa.us

Team-Up & Become a Sponsor!

Team up to support youth, families, and the community of Renton. Together we can make a difference. With its many programs, the City of Renton Community Services Department offers a vast array of opportunities for individuals, non-profit organizations, corporations, and local businesses to become involved through sponsorship. Whether it's The Renton Hoop Shoot, Kids' Concert Series, Summer Teen Musical, or Track and Field Teams, our programs and events offer high visibility while giving the opportunity to invest in the quality of life. Sponsorship is a critical element to the success of our programs. If you would like to make a difference, team-up and become a sponsor. For more information, please contact Bonnie Rerecich, City of Renton Resource and Funding Manager, at 425.430.6600 or go to www.rentonwa.gov.



**Do volunteer work
with your kids.**



Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Special Events



Ask your kids to help with planning a party or other event.

Preschool Information Night

February 6
6:30 to 8:00pm

Now is the time to explore preschool options for your child! The Renton Community Center will host an opportunity to meet representatives from a variety of preschools in our community. More than 15 local preschools set up booths and provide valuable information regarding their curriculum, hours, tuition and registration for the 2007-2008 school year. Please drop in for this informative evening.

"Play It Safe" Festival

February 22
11:30am to 1:30pm

Four Alarm Alert - Calling all kids 12 & under (along with parent/guardian) to join us at the Renton Community Center. Learn about playing it safe with headliners from the Renton Police Department K-9 Unit, Valley Medical Center, Valley Com. (911) and more. Activities will be hands-on and interactive. Take home a goody bag, treats and more. Free!

The Noise Guy

February 22 - 11:00am

Free!

The audience is waiting at the Renton Community Center. He better be good. He better be interesting. He better be funny. Children can be tough. They won't



hide their feelings or clap politely if he bores them. And boredom would be death. Charles Williams, 38, earns a living getting children fired up about stories. He bases his trade on the funny-sounding literary device called onomatopoeia — the use of words whose sounds reinforce their meaning, such as "boom!" or "splash!"

"Sound is imagination," Williams says.

During a performance, he'll contort his lips, twist his tongue and gyrate his vocal chords to illustrate the sounds in tales such as "Jack and the Beanstalk." "What should we use to chop down the beanstalk?" he'll ask the children. "A saw!" they say.

"OK! A saw goes BUZZZZZZ-BUZZZZZZ." Williams tackles taboo subjects such as bathroom noises with humor, aplomb and tact. His new picture book, called "Flush: An Ode to Toilets," is about a little boy who encounters the strange world of flushes - from high-tank toilets that go "Ker-sluggle sloosh!" to high-tech commodes that say "SQUIRSH! Thank you."

Williams' modest appearance belies the crackling energy he imports to an audience. He dresses in a simple bowling shirt and slacks. He keeps his curly hair short and sports sneakers on his feet.

But in front of the youngsters and their parents he bubbles with animation.



Summer Part-Time Job Fair

March 10 - 10:00-11:30am

Meet division representatives, get job information and pick up applications at the Renton Community Center. Job opportunities include Henry Moses Aquatic Center staff, tennis instructors, Coulon and Kenndale lifeguards, recreation leaders and aides, day camp staff, boat launch attendants and more! Unfortunately, we have very few positions available for ages 17 and under.

Special Events

Free!

Flashlight Egg Hunts

March 30 - 8:00pm

Ages 7 to 10 and ages 11 to 15. Join the fun as we hold two separate night-time egg hunts at Liberty Park. We will stock the darkened field with loads of candy and prizes. All you need is a flashlight and a sack to carry home all your goodies.

Hip Hoppin' Egg Hunt & Carnival

March 31 - 10:00am to 12:30pm

Children 6 years of age and under (with parent/guardian), join us at the Renton Community Center starting at 10:00am for a FREE egg hunt. A spring carnival will follow the egg hunt. Carnival Pass for all activities is \$6 and includes crafts, games and inflatables. Photos with a "Spring Bunny" and concessions are available for a nominal fee.



Need a way to Celebrate?

Here is a fun and easy way to celebrate your child's birthday at the Renton Community Center. Set-up and clean-up required by renter. Party size limited to 25 guests.

Preschool Package - This party package is designed for children 5 years and under. Celebrate your big day with a two-hour party in the Kids Korner. Includes preschool chairs and plenty of space to play. Cost is \$30 for residents and \$35 for non-residents.

Bounce Around Birthday - A great time for busy children ages 3 to 6 years old. Your party includes one hour in a classroom to have some food, serve cake, open presents, etc. and one hour in a racquetball court with an inflatable bounce, slide, hula hoops and small basketball hoop and balls. Cost is \$55 for residents and \$65 for non-residents.

Good Sport Package - Children 7 years to young teen will hoop it up with one hour of gym time to play basketball or volleyball. You will have an hour of classroom time to serve your guests pizza, cake, etc. Set-up is for one sport only. Cost is \$40 for residents and \$45 for non-residents.

3rd Annual Community Garage Sale

April 7 - 9:00am to 2:00pm

Give your place a clean sweep and sell those items that have been collecting dust. This is the perfect opportunity to bring your clutter to the table. Purchase a 10' x 10' space to sell your "junk" or just show up to buy some treasures. Space is limited. Tables are also available for rent. Admission is free for shoppers. Held at Renton Community Center.

#40078
#40079

10' X 10' space
Table (to use in space)

\$25
\$10

"Great Outdoors" Gear Mart

April 28 - 9:00am to 2:00pm

Find what you need...or turn your gear into cash! Buy or sell your outdoor equipment. Now this is a place where being active doesn't mean being broke! Come visit us and browse thousands of gently used or brand new outdoor items. Purchase a 10' x 10' space to sell your "outdoor gear". Rental tables are available for your space. Come check out the great deals on skis, tents, camping equipment, bikes, fishing gear, snowboards, boots, apparel, and more. This gear still has a lot of good life in it. PLEASE, no firearms! Admission is free for shoppers. As a bonus, don't miss the opportunity to check out Seattle Raft and Kayak's informational booth for white water rafting trips, kayaking and lake touring. Also joining the event, with information on various outdoor activities, is the Washington Department of Fish and Wildlife "Go Play Outside."

#40080
#40081

10' x 10' Space
Table (to use in space)

\$25
\$10



Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Neighborhood Centers

Mad Science

Ages 5 to 11

No program February 19-22 and April 9-12. Cost per session is \$55R/\$66NR.

Session I - Science In Action

Put science to work and see how we use potential energy for rubber band toys, physics to make art, gravity to play games, and buoyancy to study the ocean!

Session II - Science Of Senses

Smell, sight, taste, touch, sound... what about a sense of adventure? Explore all these and more as we experiment with light, sound, electricity, and everyone's favorite: slime!

Session 1: M 1/22-3/5
#39810 3:20-4:30pm
Session 2: M 3/12-4/23
#39814 3:20-4:30pm

Highlands Elementary School

Session 1: T 1/23-3/6
#39817 3:45-5:00pm
Session 2: T 3/13-4/24
#39818 3:45-5:00pm

Sierra Heights Elementary School

Session 1: T 1/23-3/6
#39821 3:20-4:30pm
Session 2: T 3/13-4/24
#39822 3:20-4:30pm

Tiffany Park Elementary School

Session 1: W 1/24-3/7
#39815 3:45-5:00pm
Session 2: W 3/14-4/25
#39816 3:45-5:00pm

Kennydale Elementary School

Session 1: Th 1/25-3/8
#39819 3:50-5:00pm
Session 2: Th 3/15-4/26
#39820 3:50-4:50pm

Talbot Hill Elementary School

Spring Into Fun!

Join us at your neighborhood park for Spring Into Fun 2007! The park building and playground will be alive this spring with special activities, creative crafts, and games for kids ages 6 to 11. This free drop-in program is provided by the City of Renton. The following park buildings will be open April 23 through June 7. Hours are Monday - Thursday, 4:00 to 7:00pm and are subject to change without notice. No program May 28.

Kennydale Park

2428 Aberdeen Avenue NE

Kiwanis Park

815 Union Avenue North

Philip Arnold Park

720 Jones Avenue South

Teasdale Park

601 South 23rd

Tiffany Park

1902 Lake Youngs Way SE

Highlands Neighborhood Center

800 Edmonds Avenue NE

Operating Hours

Closed January 1 and May 28.

Subject to change without notice.

Monday - Friday 3:00pm - 9:00pm
Saturday 11:00am - 5:00pm

Come and check out the fun at Highlands Neighborhood Center. Many exciting recreational programs are offered the whole year through! Children ages 6 & up are encouraged to take advantage of the various drop-in activities available free of charge. Children are free to come and go as they please. Child care is not provided.

Club Highlands

Membership to Club Highlands is free to kids ages 6 & up. The membership provides staff with contact information, allows members access to free drop-in activities and helps to promote ownership in the neighborhood center. Ask staff for a registration form. Club Highlands members are invited to join the following activities:

Monday	Games and More	4:00-5:00pm
Tuesday	4 on 4 Basketball	4:00-5:30pm
Wednesday	Movie of the Week (G or PG)	start at 4:00pm
Thursday	Kid's Create Art Club	4:00-5:00pm
Friday	Kids' Night (Ages 6 to 11)	6:00-7:00pm

North Highlands Neighborhood Center

3000 NE 16th

Operating Hours

Closed January 1 and May 28.

Subject to change without notice.

Monday - Friday 3:00pm - 9:00pm

Come and check out the fun at North Highlands Neighborhood Center. Many exciting recreational programs are offered the whole year through! Children ages 6 & up are encouraged to take advantage of the various drop-in activities available free of charge. Children are free to come and go as they please. Child care is not provided.

Club North Highlands

Membership to Club North Highlands is free to kids ages 6 & up. The membership provides staff with contact information, allows members access to free drop-in activities and helps to promote ownership in the neighborhood center. Ask staff for a registration form. Club North Highlands members are invited to join the following activities:

Monday	Movie of the Week (PG/G)	start at 4:00pm
Tuesday	Strategy Game Club	3:00-5:00pm
Wednesday	Arena Sports	3:00-5:00pm
Thursday	Tournament Time	3:00-5:00pm
Friday	Arts & Crafts	3:00-5:00pm

Rental Information

Looking for a facility to hold a smaller meeting or function? Highlands and North Highlands Neighborhood Centers and Kennydale Park, Kiwanis Park, Philip Arnold Park, Teasdale Park, and Tiffany Park recreation buildings are available for rent on an hourly basis. Proposed rates for 2007 are listed below.

Meeting Rooms:	Resident	Non-Resident
During operating hours	\$20	\$25
During non-operating hours	\$35	\$40
Gymnasium:	Resident	Non-Resident
During operating hours	\$20	\$25
During non-operating hours	\$35	\$40
Park Building (3 hour minimum)	\$20	\$25

For more information, call 425.430.6700.

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Preschool Programs

Note to Parents/Guardians:

- Parents/guardians should accompany children to and from class.
- Please be prompt for pick-up as children get anxious.
- Some classes are designed as a Parent & Me program, others are not. To help eliminate interruptions, parents and non-registered children are asked to refrain from entering the teaching area during class.
- Many of our instructors will ask for parent helpers to assist in the classroom. Please check with your instructor the first day of class.

New



Preschool Science

Held at Highlands Neighborhood Center.

Color Lab

Ages 3 to 6. This workshop will introduce preschoolers to the exciting world of color. They will make a new friend while learning about the colors of the rainbow and will experiment with their creative side during an activity on color-mixing. Demonstrations will be conducted to introduce students to the primary colors as well as color mixing.

#40129 Th 3/1
10:00-10:45am \$15R/\$18NR

Wiggly Worms

Ages 3 to 6. Preschoolers will relish the opportunity to get their hands dirty while learning all about worms. They will work with magnifying glasses to get an up close look at the lives and habits of worms.

#40130 Th 3/8
10:00-10:45am \$15R/\$18NR

Listen Closely

Ages 3 to 6. Students will be introduced to the science behind the sounds all around us. Children will experiment with a wave motion model and a twirling tube to help them understand that sound travels in waves and can be heard in a variety of pitches. They will also have the opportunity to learn about the everyday materials that make a variety of special effects noises in the movies and will watch and hear a bee buzz above their heads.

#40131 Th 3/15
10:00-10:45am \$15R/\$18NR

Keep in Touch

Ages 3 to 6. Children will learn how they understand the world with their sense of touch and will also emphasize that some objects are safe to touch while others are not. The preschoolers will be presented with the challenge of identifying a variety of objects using only their sense of touch. They will also experiment with an interesting and innovative material to model their own creation.

#40132 Th 3/22
10:00-10:45am \$15R/\$18NR

Eye to Eye

Ages 3 to 6. This workshop will introduce students to their sense of sight. They will experiment with magnifying glasses, kaleidoscopes and binoculars. The preschoolers will also interact with a variety of optical illusions to illustrate that your eyes can sometimes play tricks on you.

#40133 Th 3/29
10:00-10:45am \$15R/\$18NR

Adventures in Air

Ages 3 to 6. Preschoolers will learn that even though air is invisible it is all around them all the time. They will also understand that air has the power to both move items, and slow them down. Enjoy experimenting with a variety of items that rely on the air to help them move.

#40134 Th 4/5
10:00-10:45am \$15R/\$18NR

New

New

Noah's Ark Workshop

Ages 4 to 6. Noah's Ark has docked at the Renton Community Center! Join in the fun and build a bounty of plush animal friends. In each individually themed workshop, you will hand-stuff your cuddly animal, create an original birth certificate, and give your new friend a special name. Sign up for as many classes as you choose and create a new buddy each time. Parents are welcome to stay, but it is not required. Supply fees are based on the size of the animal and are paid directly to the instructor on the day of the class.

Bears Galore

Supply fee of \$5 paid to instructor.

#40124 S 1/27
10:00-11:30am Schlecht \$21R/\$25NR

Perfectly Pink Pigs

Supply fee of \$7 paid to instructor.

#40125 S 2/24
10:00-11:30am Schlecht \$21R/\$25NR

Bouncing Bunnies

Supply fee of \$5 paid to instructor.

#40126 S 3/31
10:00-11:30am Schlecht \$21R/\$25NR

Monkey Business

Supply fee of \$7 paid to instructor.

#40127 S 5/5
10:00-11:30am Schlecht \$21R/\$25NR



Let your kids be kids.

Preschool Programs

Preschool Information Night

Now is the time to explore preschool options for your child! The Renton Community Center will host an opportunity to meet representatives from a variety of preschools in our community. On February 6, 2007, from 6:30pm to 8:00pm, more than 15 local preschools will set up booths and provide valuable information regarding their programs, hours, tuition and registration for the 2007-2008 school year. Please drop in for this informative evening.

Almost 3's Preschool

Designed for children who are not yet ready for a 3-year-old program but are ready for an introduction to group play, classroom skills, art experiences and more. Class meets Tuesdays or Wednesdays from 9:30am to 11:30am and follows the Renton School District holiday schedule. Children must be 3 years old by December 31, 2007. Maximum class size is eight children. Participation is on a pre-paid monthly basis.

Creative Kids Preschool

The Creative Kids Preschool is held at the Renton Community Center. The preschool program features hands-on learning in a positive social environment. We provide fun-filled hours of educational experience in art, music, dramatic play, science, math and field trips. Classes meet September 2007 through May 2008 and follow the Renton School District holiday schedule. Three-year-olds meet Tuesday and Thursday and four-year-olds meet Monday, Wednesday and Friday. The morning classes meet from 9:15am to 11:45am and the afternoon classes meet from 12:15pm to 2:45pm. Children must be 3 or 4 by August 31, 2007, respectively. Participation is on a pre-paid monthly basis.

Registration Dates		
February 27	7:00am	Renton Residents
March 1	7:00am	Non-residents
Monthly Tuition	Residents	Non-Residents
Almost 3's	\$50	\$60
3's	\$95	\$114
4's	\$105	\$126

All students pay a \$50 non-refundable registration fee and May 2008 tuition at the time of registration.

Alphabet Soup

Ages 3 to 5. Learning your ABC's has become an adventure. Through stories and craft projects, you'll move through the alphabet. Each week we will learn a new letter or two and complete a few art projects along the way. We finish up the day with a snack beginning with one of the letters of the week and our favorite alphabet song! Supply fee of \$6 paid to instructor. No class February 19 and April 16.

#40122	M	1/22-3/5
#40123	M	3/19-4/30
10:00-11:00am	Staff	\$36R/\$43NR

Cat Tales *New*

Ages 3 to 6. It's the Cat's Meow! Have a purr...fectly fun time listening to stories and becoming a cat. Choose your own ears, tail, collar and have your face painted. All supplies included.

#40274	S	1/20
10:00-11:00am	Keller	\$12R/\$14NR

Enchanted Forest *New*

Ages 5 to 7. Enjoy magical stories of royal enchantment. Kings and Queens will decorate their own cape and crown. All supplies included.

#40273	S	3/24
10:00-11:00am	Keller	\$16R/\$19NR

Ceramic Keepsakes *New*

Ages 6 months & up. Join ceramic artist, Erin Ball to create a one-of-a-kind keepsake using your child's handprints along with a personalized message. Projects are listed below. Each project requires a 20-minute appointment. Appointments are available from 9:00am to 1:30pm. Call the Renton Community Center.

#40322	Large Vase	\$45	4/21
#40323	Dinner Plate	\$35	4/21
#40324	8" Tile	\$18	4/21
#40325	Mug	\$18	4/21
#40326	Kitchen Canister	\$35	4/21
#40327	Cheese Server	\$26	4/21

Saturday Series

Valentine Bash

Ages 3 to 6. Make fantastic valentines and a heart shaped window sticker. Lots of Valentine fun and a treat. Dress for a mess! Snack provided. Parents encouraged to stay and play. Supply fee of \$3 paid to instructor.

#40135	S	2/10
10:00-11:00am	Stevens	\$9R/\$11NR
#40136	S	2/10
12:00-1:00pm	Stevens	\$9R/\$11NR

March Madness

Ages 3 to 6. Spring has sprung! Join us for seasonal craft projects and a tasty treat. Parents encouraged to stay and play. Dress for a mess. Supply fee of \$3 paid to instructor.

#40137	S	3/3
10:00-11:00am	Stevens	\$9R/\$11NR

May Flowers

Ages 3 to 6. It's time for flower power! Spend the morning making pretty blossoms and other seasonal crafts. A tasty treat is provided. Dress for a mess. Parents encouraged to stay and play. Supply fee of \$3 paid to instructor.

#40138	S	5/19
10:00-11:00am	Stevens	\$9R/\$11NR

Summer Splash

Ages 3 to 6. Preschool over and nothing to do? Join us as we paint flower pots and create many crafts in preparation for summer. Parents are encouraged to stay and play. Snack provided. Dress for a mess. Supply fee of \$3 paid to instructor.

#40139	S	6/2
10:00-11:00am	Stevens	\$9R/\$11NR

Preschool Programs

✓out these great programs at Highlands Neighborhood Center!

Wee Play Indoor Playground

Ages 10 months to 3 years (with adult). Are your children cooped up? Bring them to the Highlands Neighborhood Center's indoor playground and let them play! We'll supply the toys and space, parents provide the supervision. No class February 21 and April 11.

#39854	W	1/17-3/21
#39855	W	3/28-5/30
9:30-11:00am		\$18R/\$22NR

Tumble Wees

This program is designed to promote and foster self-confidence and self-esteem with positive motivation. We encourage both boys and girls to learn gymnastics in a positive way. We do a musical warm-up and tumble, dance, learn balance, and add to your child's strength and flexibility. Ann and Diane are certified gymnastics instructors.

Ages 2 to 3

#39837	W	1/10-2/14
#39838	W	2/28-4/4
#39839	W	4/18-5/23
5:00-5:40pm	Diaz	\$58R/\$68NR
#39834	Th	1/11-2/15
#39835	Th	3/1-4/5
#39836	Th	4/19-5/24
9:30-10:10am	Diaz	\$58R/\$68NR

Ages 3 to 5

#39843	W	1/10-2/14
#39844	W	2/28-4/4
#39845	W	4/18-5/23
5:45-6:25pm	Diaz	\$58R/\$68NR
#39840	Th	1/11-2/15
#39841	Th	3/1-4/5
#39842	Th	4/19-5/24
10:15-10:55am	Diaz	\$58R/\$68NR

Messy Makers

Ages 2 to 4 (with adult). Tiny fingers will have fun exploring paint, glue, glitter, feathers and more with Ms. Sharon. You and your favorite adult should dress for a mess. All supplies included. No class January 29, February 19 and April 9.

#39832	M	1/22-3/12
#39833	M	3/19-4/30
11:15-11:45am	Sharp	\$27R/\$32NR

Little Hands Create

Ages 1-1/2 to 3 (with adult). Little hands will get messy and create fun artwork with paint, glue, glitter and more! You and your child create your first masterpiece together. Dress for a mess. All supplies included. Ms. Sherrill is a former preschool teacher. No class February 20 and 21 and April 10 and 11.

#39848	T	1/16-2/27
#39849	T	3/6-4/17
#39850	T	4/24-5/29
11:00-11:30am	Parish	\$27R/\$32NR
#39851	W	1/17-2/28
#39852	W	3/7-4/18
#39853	W	4/25-5/30
11:30am-12:00pm	Parish	\$27R/\$32NR

Toe Stomping with Tots

Ages 1-1/2 to 3. A structured music movement class for parents and toddlers. In each class, we will sing action songs, dance and play instruments. This is a wonderful time for you and your child! Ms. Sherrill is a former preschool teacher. No class February 21 and April 11.

#39826	W	1/17-2/28
#39827	W	3/7-4/18
#39828	W	4/25-5/30
9:30-10:15am	Parish	\$30R/\$36NR
#39829	W	1/17-2/28
#39830	W	3/7-4/18
#39831	W	4/25-5/30
10:30-11:15am	Parish	\$30R/\$36NR

Wee Sing and Play

Ages 2 to 4 (with adult). You and your favorite adult will learn new fun action songs, use the parachutes and then have time to play with the indoor playground toys. No class January 29, February 19 and April 9.

#39856	M	1/22-3/12
#39857	M	3/19-4/30
10:00-11:00am	Sharp	\$27R/\$32NR

Musical Tots

Ages 1 to 3 (with adult). A fun class for you and your child that is filled with songs, dances and fun activities. Musical instruments, parachutes, and balls will be used. This is a great time for developing social and listening skills. Ms. Sherrill is a former preschool teacher. No class February 20 and April 10.

#39823	T	1/16-2/27
#39824	T	3/6-4/17
#39825	T	4/24-5/29
10:00-10:45am	Parish	\$30R/\$36NR

Terrific Tots Playground

Ages 10 months to 3 years. Discover the possibilities at our indoor playground. Energy-filled kids will delight in the opportunity to run, jump, climb and explore. Parents provide the supervision while kids fuel their imaginations with oodles of toys and space. Don't miss this chance to play, play, play. Register for one or both days. No class February 20 and 22 and April 10 and 12.

#39626	T	1/9-3/13
#39628	T	3/20-5/22
9:30-11:00am	Staff	\$18R/\$22NR
#39627	Th	1/11-3/15
#39629	Th	3/22-5/24
9:30-11:00am	Staff	\$18R/\$22NR

Shake, Rattle & Roll

Ages 1 to 2. Calling all movers and shakers! Parents and tots will delight in this singing and dancing opportunity. Singing action songs, exploring rhythm with instruments, filling the parachute with fun and games are some of the ways we spend our morning. Each day will end with toddler share time, where we will sing your tots favorite finger play song.

#39991	W	1/10-2/14
#39992	W	2/28-4/4
#39993	W	4/18-5/23
10:00-10:45am	Galimanis	\$33R/\$40NR
#39995	W	1/10-2/14
#39996	W	2/28-4/4
#39997	W	4/18-5/23
11:00-11:45am	Galimanis	\$33R/\$40NR

My Own Masterpiece

Ages 2 to 3. Parents, you and your child will create a masterpiece of memories together. Each week Ms. Julie has those little hands exploring paint, glitter, glue, stamping and other exciting crafting materials. Don't miss the fun. Dress for a mess and make some new friends. Each session is themed. Supply fee of \$5 paid to instructor.

#39998	Th	1/11-2/15
#39999	Th	3/1-4/5
#40000	Th	4/19-5/24
9:45-10:30am	Galimanis	\$40R/\$48NR
#40001	Th	1/11-2/15
#40002	Th	3/1-4/5
#40003	Th	4/19-5/24
10:45-11:30am	Galimanis	\$40R/\$48NR

Pitter, Patter, Paint

Ages 3 to 5. Kids will paint with fingers, brushes, sponges and feet. Enjoy a total paint experience. Have an exciting time while you create masterpieces to take home. A footprint poster will be made for framing. Dress for a mess. All supplies included. Play clothes and shorts are recommended.

#40128	S	3/10
10:00-11:00am	Keller	\$12R/\$14NR

Steppin' Together Dance

"Steppin' Together" Dance Instructors

Robin Morris

Robin has been an instructor with Steppin' Together Dance for three years. She has taught dance, drama, and creativity workshops for children and adults for seventeen years. Her experiences include directing and choreographing musical theatre for all ages. A BA in Psychology from Pacific Lutheran University and a MA in Psychology and Philosophy from Seattle University are among Robin's educational credits.

Robin's greatest joy in teaching is watching students develop skills, confidence and unique forms of expression.



Carrlee Klingenbeck



This is Carrlee's second year with Steppin' Together Dance. She is sharing her love of dance by teaching Dance Theatre and Ballet classes.

Carrlee grew up in Seattle and has danced as long as she can remember. As a child and through her teenage years, she trained with Dale Merrill at Spectrum Dance Theatre. She attended Evergreen State College and received a degree in Dance Pedagogy. Carrlee has introduced countless students to the world of dance. She is a member of BQ Dance, a contemporary dance company.

Dance is a gift, and she is very happy to be a part of such a wonderful experience.

Carly McElligott

Steppin' Together Dance would like to welcome our newest instructor, Carly McElligott. Carly trained for nine years in southern California at Dance Dynamics studio in tap, jazz, ballet hip-hop and Irish dancing. After relocating to Oregon, Carly continued her education in dance at the University of Oregon, focusing primarily on hip-hop and tap. Carly's studies have taken her to New York City, where she continued dancing and earned a Master's Degree in Communications at Syracuse University. Seeing the look of accomplishment on her students' faces is extremely rewarding to Carly. Whether they have experience or not, the confidence the students gain is priceless. We look forward to sharing Carly's talents with new and returning students.



Dance Theatre

Ages 3 to 4. This is a great introduction to dance. Learn the basic steps of ballet, jazz, and hip hop while moving your body to the beat. This class has lots of room for imagination and is great for developing creativity and confidence. No class February 20-22 and April 10-12.

#40140	T	1/23-5/8
10:00-10:40am	Klingenbeck	\$124R/\$141NR
#40141	W	1/24-5/9
10:50-11:30am	Klingenbeck	\$124R/\$141NR
#40142	Th	1/25-5/10
2:45-3:25pm	Klingenbeck	\$124R/\$141NR

Tap Fun for Everyone

Ages 6 to 10. Get your feet movin' as you explore the exciting rhythms of tap. Great for beginners and experienced students. The class will cover basic tap fundamentals. Learn exciting new combinations and show them off with your own special flair! No class February 19 and April 9.

#40143	M	1/22-5/7
3:50-4:45pm	Morris	\$135R/\$153NR

Teen/Adult Tap

Ages 14 & up. Learn to make music with your feet. Enjoy a great workout filled with fun. This class for adults and teens is perfect for beginners and dancers with some dance experience. Learn the fundamentals and some impressive new steps as you tap the night away. Wear tap shoes and comfortable clothes. This class is not scheduled to participate in the recital. No class February 20 and April 10.

#40144	T	1/23-5/8
8:30-9:30pm	McElligott	\$98R/\$118NR

Intro to Ballet

Ages 4 to 5. Get your first taste of life as a ballerina! Great for beginners. Students will learn basic ballet stretches and steps while building concentration and coordination. No class February 19-21 and April 9-11.

#40145	M	1/22-5/7
2:00-2:45pm	Morris	\$128R/\$145NR
#40146	T	1/23-5/8
10:45-11:30am	Klingenbeck	\$128R/\$145NR
#40147	W	1/24-5/9
10:00-10:45am	Klingenbeck	\$128R/\$145NR

Ballet I

Ages 5 to 6. Prerequisite: For students with some dance experience. Great for beginners and experienced students as well. This class combines learning discipline with beginning techniques of classical ballet. We will also learn basic counting and musicality used in ballet class. No class February 22 and April 12.

#40148	Th	1/25-5/10
3:30-4:25pm	Klingenbeck	\$135R/\$153NR
#40149	Th	1/25-5/10
5:30-6:25pm	Klingenbeck	\$135R/\$153NR

Ballet II

Ages 6 to 8. Prerequisite: Ballet I or some dance experience. This class is great for beginners and experienced students and covers basic ballet fundamentals and vocabulary. This is a great class to begin learning basic classical ballet combinations and explore ideas of musicality. No class February 22 and April 12.

#40150	Th	1/25-5/10
4:30-5:25pm	Klingenbeck	\$135R/\$153NR

Ballet III/IV

Ages 7 to 10. Prerequisite: Ballet II or instructor permission. Grow as a dancer as you learn new steps. Students will learn more advanced ballet vocabulary and create a stronger classical ballet technique. Students will receive tutoring in dancing as a member of an ensemble and in developing personal expression. No class February 22 and April 12.

#40151	Th	1/25-5/10
6:30-7:25pm	Klingenbeck	\$135R/\$153NR

Ballet V

Ages 11 to 18. Prerequisite: Ballet III/IV or instructor permission. Continue to enhance your skills as a dancer. This class will focus on advance steps and combinations while examining composition. Students will receive individual attention in order to create strong classical ballet technique. Individual expression and musicality are emphasized. No class February 22 and April 12.

#40152	Th	1/25-5/10
7:35-8:35pm	Klingenbeck	\$138R/\$158NR



Be excited about your child's interests.

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Steppin' Together Dance

"Steppin' Together" Dance

"Steppin' Together" Dance offers professional instruction with a strong emphasis on technique, fitness, and fun, all in a nurturing and motivating environment. Each student receives individual attention, initiating the creative expression, joy and appreciation of dance and music.

◆ Students in **Ballet and Dance Theatre classes** must wear pink leather ballet shoes, black leotards and pink tights.

◆ Students in **Jazz classes** must wear black jazz shoes, black tights, and black leotards.

◆ Students in **Tap classes** must wear black tap shoes, black tights, and black leotards.

◆ Students in **Hip-Hop classes** must wear sneakers or black jazz shoes, black jazz pants, and a form-fitting colored top. Knee pads are a must.

◆ Boys wear white t-shirts, black sweatpants or shorts, and black shoes.

◆ Dance classes are formatted as **limited viewing**. Parents will be able to watch students on the first and last day of class.

Registration Guidelines: Please refer to the class prerequisites when deciding on class placement. **Dance Line** - For dance specific questions (not related to registration or space availability) directed to the instructors, please call **425.430.6749** and leave a message.

Intro to Jazz

Ages 4 to 5. Learn to move to the beat using basic jazz steps and develop a sense of rhythm. Experience all the elements of a dance class and have fun dancing together. No class February 19 and April 9.

#40153 M 1/22-5/7
3:00-3:45pm Morris \$128R/\$145NR

Jazz I/II

Ages 6 to 8. Great for beginners or continuing students. Learn basic jazz steps, across-the-floor movements, and begin to develop a personal sense of artistic expression. No class February 19 or April 9.

#40154 M 1/22-5/7
5:00-5:55pm Morris \$135R/\$153NR

See page 17 for more
Hip Hop Dance.

Monday

Class	Age	Class #	Dates	Time	Cost
Intro to Ballet	4 to 5	#40145	1/22-5/7	2:00-2:45pm	\$128R/\$145NR
Intro to Jazz	4 to 5	#40153	1/22-5/7	3:00-3:45pm	\$128R/\$145NR
Tap Fun	6 to 10	#40143	1/22-5/7	3:50-4:45pm	\$135R/\$153NR
Jazz I/II	6 to 8	#40154	1/22-5/7	5:00-5:55pm	\$135R/\$153NR
Upper Level Jazz	9 to 13	#40155	1/22-5/7	6:00-6:55pm	\$135R/\$153NR
Jazz/Funk Dance	14 & up	#40156	1/22-5/7	7:00-8:00pm	\$98R/\$118NR

Tuesday

Dance Theatre	3 to 4	#40140	1/23-5/8	10:00-10:40am	\$124R/\$141NR
Intro to Ballet	4 to 5	#40146	1/23-5/8	10:45-11:30am	\$128R/\$145NR
Hip Hop I	5 to 7	#40157	1/23-5/8	3:30-4:25pm	\$135R/\$153NR
Hip Hop I	5 to 7	#40158	1/23-5/8	5:30-6:25pm	\$135R/\$153NR
Adult Hip Hop	14 & up	#40174	1/23-5/8	7:30-8:25pm	\$95R/\$113NR
Adult Tap	14 & up	#40144	1/23-5/8	8:30-9:30pm	\$98R/\$118NR

Wednesday

Intro to Ballet	4 to 5	#40147	1/24-5/9	10:00-10:45am	\$128R/\$145NR
Dance Theatre	3 to 4	#40141	1/24-5/9	10:50-11:30am	\$124R/\$141NR

Thursday

Dance Theatre	3 to 4	#40142	1/25-5/10	2:45-3:25pm	\$124R/\$141NR
Ballet I	5 to 6	#40148	1/25-5/10	3:30-4:25pm	\$135R/\$153NR
Ballet II	6 to 8	#40150	1/25-5/10	4:30-5:25pm	\$135R/\$153NR
Ballet I	5 to 6	#40149	1/25-5/10	5:30-6:25pm	\$135R/\$153NR
Ballet III/IV	7 to 10	#40151	1/25-5/10	6:30-7:25pm	\$135R/\$153NR
Ballet V	11 to 18	#40152	1/25-5/10	7:30-8:30pm	\$138R/\$158NR

Upper Level Jazz

Ages 9 to 13. Traditional jazz blends with contemporary and hip-hop styles. Students will be challenged to learn more detailed floor patterns and longer combinations. This class will feature individual suggestions for increasing performance skills. No class February 19 or April 9.

#40155 M 1/22-5/7
6:00-6:55pm Morris \$135R/\$153NR

Jazz/Funk Dance

Ages 14 & up. For beginning students as well as those with some dance experience. Get funky while you jazz up your week! Learn the fundamentals of jazz and funk styles, stretch your muscles, get in shape and have fun! Students will develop technique and expression and get a boost of positive body image and increase coordination - all while movin' to the beat of the music. Wear comfortable clothes and shoes. This class is not scheduled to participate in the recital. No class February 19 and April 9.

#40156 M 1/22-5/7
7:00-8:00pm Morris \$98R/\$118NR

Hip Hop I

Ages 5 to 7. Great for beginners and dancers with some experience. Learn the fundamentals of hip hop from b-boying to popping and locking. We'll do some group work and free-styling and have lots of fun. No class February 20 or April 10.

#40157 T 1/23-5/8
3:30-4:25pm McElligott \$135R/\$153NR
#40158 T 1/23-5/8
5:30-6:25pm McElligott \$135R/\$153NR

Hip Hop II

Ages 8 to 10. Great for beginners and dancers with some experience. Learn the fundamentals of hip hop from b-boying to popping and locking. We'll do some group work and free-styling and have lots of fun. No class February 20 or April 10.

#40172 T 1/23-5/8
4:30-5:25pm McElligott \$135R/\$153NR
#40173 T 1/23-5/8
6:30-7:25pm McElligott \$135R/\$153NR

Adult Hip Hop

Ages 14 & adult. Great for beginners and dancers with some experience. Learn the fundamentals of hip hop from b-boying to popping and locking. Have lots of fun and get a great workout! This class is not scheduled to participate in the recital. No class February 20 or April 10.

#40174 T 1/23-5/8
7:30-8:25pm McElligott \$95R/\$113NR

Recital Information

Your child is eligible to participate in the recital on Saturday, May 12. The dress rehearsal will be Friday, May 11. **A recital fee of \$40, which includes costume, has been included in the class fee. Recital fee is required and non-refundable, even if the student does not participate in the recital.** If you miss the first day of class, the last opportunity to be fitted for a recital costume will be **Saturday, January 27 from 10:00am to 12:00pm.**

Youth Programs

Enchanted Forest *New*

Ages 5 to 7. Enjoy magical stories of royal enchantment. Kings and Queens will decorate their own cape and crown. All supplies included.

#40273 S 3/24
10:00-11:00am Keller \$16R/\$19NR

Elementary Ensemble: *New* Alice in Wonderland

Ages 6 to 12. Enjoy the wonderful world of Lewis Carroll as we venture down the rabbit hole and into the land of theatre! Learning the basics, such as characterization and projection, has never been so much fun. Students will get the chance to embody the Mad Hatter, the Queen of the Hearts and more. A performance on the last day will show what we have learned together. No class February 21.

Held at Carco Theatre.

#40240 W 1/17-3/28
4:30-6:00pm Farnsworth \$95R/\$114NR

Camp Out Theatre *New*

Ages 6 to 12. Who says you need the outdoors for a campout? This one-day event is filled with sleeping bags, s'mores, spooky stories and sing-alongs. Spend the afternoon making friends and memories. Please bring a sack lunch, a sleeping bag and a flashlight. **Held at Carco Theatre.**

#40244 S 4/21
10:00am-2:00pm Farnsworth \$60R/\$72NR

Let's Make a Movie *New*

Ages 6 to 12. Aspiring Oscar winners unite! Budding film stars will have a chance to star in their own sketch comedy mini-movie. Stepping in front of the camera has never been so much fun! Final day of class students will get the ultimate red carpet treatment when they premiere their movie for family and friends. All supplies included. Each student will receive a copy of the DVD. **Held at Carco Theatre.**

#40242 W 4/25-5/9
4:30-6:00pm Farnsworth \$90R/\$108NR

Let's Make a Band *New*

Ages 7 to 15. Students will create a band under the guidance of instructor and band leader Sean Downey. Learn how to play instruments, write music, play live in a jam session and perform a concert on the final day of class. No musical experience needed! Instructor will provide instruments or students can bring their own. **Held at Carco Theatre.**

#40241 Th 4/19-5/24
4:00-6:00pm Downey \$99R/\$119NR

Summer Day Camp Information

Each camp offers a variety of fun-filled activities and field trips. Specific camp descriptions and registration information will be available **April 10.**

Registration dates:

City of Renton Residents
General Public

April 24
April 26

Itty Bitty Day Camp

Children, ages 3 to 5, will enjoy this half-day camp of arts and crafts, games and special events at North Highlands Neighborhood Center. Camp hours are Monday through Friday, 9:00am to 12:00pm or 12:30pm to 3:30pm.

Sum-R-Craze Day Camp

Kids, ages 6 to 11, experience summer adventures at either the Renton Community Center or Highlands Neighborhood Center with games, swimming, crafts and field trips! Camp hours are Monday through Friday, 7:00am to 6:00pm.

Kidz Kaleidoscope Day Camp

Kids, ages 6 to 11, join us for super field trips, games, crafts and swimming at either the Liberty Park Community Building or the North Highlands Neighborhood Center. Camp hours are Monday through Friday, 9:00am to 3:00pm.

Renton Teen Camp

Teens, ages 11 to 14, will love our adventure camp where activities include swimming, crafts, games and field trips designed specifically for young teens. Camp hours are Monday through Friday, 8:00am to 5:00pm, at the North Highlands Neighborhood Center.



Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Youth Programs

✓out these great programs at Highlands Neighborhood Center!

Tae Kwon Do

Ages 6 & up. Join instructors Carla Abbott and Glenn Diola of New Generation Tae Kwon Do School. They will instruct students in the formal arts of Korean Martial Arts styles including Hapkido and Hwurang Do. This program is for the entire family.

Beginning White Belts \$50R/\$60NR

#39978 T/Th 5:30-6:30pm 1/9-2/15

#39981 T/Th 5:30-6:30pm 2/27-4/5

#39984 T/Th 5:30-6:30pm 4/17-5/24

Gold & Orange Belts \$50R/\$60NR

#39979 T/Th 6:30-7:30pm 1/9-2/15

#39982 T/Th 6:30-7:30pm 2/27-4/5

#39985 T/Th 6:30-7:30pm 4/17-5/24

Green Belts & Above \$50R/\$60NR

#39980 T/Th 7:30-8:30pm 1/9-2/15

#39983 T/Th 7:30-8:30pm 2/27-4/5

#39986 T/Th 7:30-8:30pm 4/17-5/24

Tumbling & More

Ages 6 to 8. Designed to foster self-confidence and self-esteem, this program will teach the balance beam, vault, bars, and tumbling moves. We do a warm-up, learn balance, add to your child's strength and flexibility and have fun. Ann and Diane are certified gymnastics instructors.

#39858 W 1/10-2/14

#39859 W 2/28-4/4

#39860 W 4/18-5/23

6:30-7:10pm Diaz \$58R/\$68NR

Painting Fun Workshop

Ages 7 to 12. Back by popular demand! Join the fun of painting, while studying application and techniques for water-color and acrylic paints, with accredited artist and elementary teacher Elizabeth Zyanya. You will learn about color mixing and composition as you create your own masterpiece. Dress for a mess. All supplies included.

#39974 T/W/Th 2/20-2/22

9:00-11:00am Zyanya \$30R/\$36NR

Bowling is a Ball! *New*

Ages 7 to 12. Bowling is a ball, when you knock 'em all down. Learn the fundamentals of this great lifetime sport and get to bowl actual games. You will learn about strikes, spares, gutters and frames from an instructor at ACME Bowl in Tukwila. Everything is provided, including transportation from the Highlands Neighborhood Center.

#40082 T-F 2/20-2/23

10:30am-1:30pm \$40R/\$48NR

Cartooniversity Workshop

Ages 9 to 14. A unique opportunity for kids of any skill level to learn all aspects of cartoon drawing from editorial cartoonist Jeff Johnson. The class emphasizes developing each child's own style in a positive, encouraging environment. Techniques covered include character development, expressions, action/movement, layout, background, perspective, shading and much more. Bring unlined bond paper, pencils, eraser, sharpener, ruler, extra fine point black Sharpie marker, a sack lunch and join the fun!

#39973 S 2/3

10:00am-2:00pm Johnson \$42R/\$50NR

Supersitters

Ages 11 to 17. Designed to train young people in basic babysitting skills, safety and infant child care. Those completing the course will be better prepared to provide a safer, more effective and positive babysitting experience. Experienced, qualified Overlake Hospital Medical Center instructors teach the course. Trained community professionals will present additional material. Certificates are awarded upon completion. Bring a sack lunch, beverage and afternoon snack.

#39625 S 5/19

9:00am-2:00pm Overlake \$30R/\$36NR

Young Ladies & Gentlemen

Ages 6 to 10. Children rarely beg for the opportunity to attend a class on manners, and yet it is the key to building positive friendships and strong self-esteem. This fun workshop, taught by Final Touch Finishing School, teaches telephone etiquette, basic table manners, introductions, personal care and posture. Each student receives a "goodie bag" to take home. Optional booklet (\$5) or audio tape/booklet set (\$10) of "10 Skills Every Child Should Possess," available for additional cost from instructor.

#39623 S 4/21

9:00am-12:00pm \$30R/\$36NR

Starting Point

Ages 11 to 17. Guys and gals, overcome the anxieties about "how to look, what do I say, and what do I do," in this fast-paced, interactive course taught by Final Touch Finishing School. Topics include first impressions, introductions, posture, appearance, and manners. Never again wonder how to correctly eat a french fry!

#39624 S 4/21

12:30-4:30pm \$35R/\$42NR

Looking Good

Ages 11 to 16. Girls, you know the hot new look! How do you make it work for you? Discover the secrets of a great complexion and the role nutrition plays while pampering yourself with a full facial and manicure. Each girl will learn how to apply simple make-up to achieve a natural look. You will also be introduced to clothing personality, warm and cool coloring, body types, budgeting and proper posture. This package is a powerful communicator and you'll see why. Bring a sack lunch, clear nail polish and mascara. Taught by Final Touch Finishing School.

#39622 S 2/3

9:00am-3:30pm \$40R/\$48NR



Say no to your child
when you have to, but
say yes as much as
you can.

Youth Sports

Renton Recreation Division Youth Athletics Mission

Youth Athletics is dedicated to:

- Providing enjoyable recreation programs for children regardless of their athletic ability;
- Encouraging children to have fun, learn new skills, and feel good about participating in youth sports;
- Developing self-esteem and good sportsmanship through meaningful and fair sports competition;
- Providing quality coaches, facilities and clearly defined standards.

Renton Rookie Athletics

These sport-specific classes are designed for beginners. Fun is our theme. Each week a different skill will be taught, stressing the very basics. Our goal is to strengthen self-esteem by introducing a fun, safe, noncompetitive environment where children can feel good about participating in youth sports. Space is limited. No class February 20 through 24 and April 10 through 14. **Fee is \$29 for residents and \$34 for non-residents.**

Indoor Soccer ages 3 to 5

#40022 T 1/23-3/6 9:30-10:30am
#40041 T 3/13-4/24 10:30-11:30am
#40077 T 5/1-6/5 10:30-11:30am

**Highlands Neighborhood Center
ages 4 to 6**

#40023 M 1/29-3/12 5:30-6:30pm
#40043 M 3/26-5/7 6:45-7:45pm

**Highlands Neighborhood Center
#40024 W 1/31-3/14 5:30-6:30pm
#40045 W 3/28-5/9 6:45-7:45pm**

Tiffany Park Elementary

Basketball ages 4 to 6

#40026 M 1/29-3/12 6:45-7:45pm

**Highlands Neighborhood Center
#40027 W 1/31-3/14 6:45-7:45pm**

Tiffany Park Elementary

Indoor Baseball ages 4 to 6

#40044 W 3/28-5/9 5:30-6:30pm

**Highlands Neighborhood Center
#40042 M 3/26-5/7 5:30-6:30pm**

Tiffany Park Elementary

Multi-Sport ages 3 to 5

#40025 T 1/23-3/6 10:30-11:30am
#40040 T 3/13-4/24 9:30-10:30am

#40046 T 5/1-6/5 9:30-10:30am
Highlands Neighborhood Center

Pre-Season Track and Field Camp

Ages 7 to 12. Boys and girls, with or without experience, can learn the basics of sprinting, jumping and distance running. Take advantage of this wonderful opportunity to spark or foster a youngster's interest and ability in track.

Held at Renton Stadium.

#40050 T/W/Th 4/10-4/12
9:00-10:30am Staff \$21R/\$25NR

Renton Youth Track & Field Team

Ages 5 to 15. Young athletes will learn the fundamentals through fun exercises and games. Boys and girls of all skill levels are welcome. This program is a collaboration of cities (Renton, Auburn, Issaquah and Snoqualmie) working together to provide meaningful sports competition. Each city will host a mini-meet in June. Events include sprints, relays, softball throw, long jump and high jump. Track and field is about fun, skill development, and friendship. **Held at Renton Stadium.**

Ages 5 to 8

#40051 T/Th 5/17-7/12
5:30-6:30pm Staff \$36R/\$43NR

Ages 9 to 15

#40052 T/Th 5/17-7/12
6:30-7:30pm Staff \$36R/\$43NR

Spring Boys ^{New} Instructional Machine Pitch Baseball League

Ages 9 to 10. League emphasis is on fun, participation and skill development. All skill levels are encouraged to participate. Registration forms will be available at the Renton Community Center and distributed through Renton Schools. Games will be held on Thursday evenings and Saturday mornings. Certified staff will coach each team. Space is limited.

#40053 M-S 4/2-6/9
5:00-8:00pm Staff \$50R/\$60NR

Seattle Sonics 40th Anniversary Basketball Clinic

Ages 7 to 15. This fun basketball clinic is hosted by the Seattle Sonics. A Sonic legend will be on hand to teach valuable basketball skills. Everyone will participate in drills and contests. Boys and girls of all skill levels are encouraged to participate. Preregistration is required. Space is limited. Register for class #40372.

**Sunday, December 17
Renton Community Center
2:00-3:00pm**



Go to your kids' games, performances and other events.

Youth Sports

Skyhawks Afterschool Sports Club

Ages 5 to 11. Enhance your child's athletic skills through a variety of fun-filled exercises and games. These afterschool programs are presented in cooperation with Skyhawks Sports Academy. Programs emphasize participation, sportsmanship and personal enjoyment. No class February 19 through 23 and April 9 through 13. Cost per session is \$45 for residents and \$54 for non-residents.

Soccer

#39864 M 1/22-3/5 3:05-4:30pm
Maplewood Heights Elementary
#39865 M 1/22-3/5 3:30-5:00pm
Sierra Heights Elementary
#39863 M 1/22-3/5 3:30-5:00pm
Kennydale Elementary
#39862 T 1/23-3/6 3:05-4:30pm
Highlands Elementary School
#39866 T 1/23-3/6 3:35-5:00pm
Talbot Hill Elementary

Basketball

#39878 W 1/24-3/7 3:30-5:00pm
Sierra Heights Elementary
#39879 W 1/24-3/7 3:35-5:00pm
Talbot Hill Elementary
#39867 Th 1/25-3/8 3:05-4:30pm
Highlands Elementary School
#39877 Th 1/25-3/8 3:05-4:30pm
Maplewood Heights Elementary
#39868 Th 1/25-3/8 3:30-5:00pm
Kennydale Elementary

Baseball

#39882 M 3/12-4/23 3:05-4:30pm
Maplewood Heights Elementary
#39883 M 3/12-4/23 3:30-5:00pm
Sierra Heights Elementary
#39881 M 3/12-4/23 3:30-5:00pm
Kennydale Elementary
#39880 T 3/13-4/24 3:05-4:30pm
Highlands Elementary
#39884 T 3/13-4/24 3:35-5:00pm
Talbot Hill Elementary

Track and Field

#39888 W 3/14-4/25 3:30-5:00pm
Sierra Heights Elementary
#39889 W 3/14-4/25 3:35-5:00pm
Talbot Hill Elementary
#39887 Th 3/15-4/26 3:05-4:30pm
Maplewood Heights Elementary
#39885 Th 3/15-4/26 3:05-4:30pm
Highlands Elementary
#39886 Th 3/15-4/26 3:30-5:00pm
Kennydale Elementary

Visit www.skyhawks.com for equipment lists and other camp information.

Thank you

Great Tasting Lunchmeal
for supporting Youth Athletics 2007.

Tae Kwon Do

Ages 6 & up. Join instructors Carla Abbott and Glenn Diola of New Generation Tae Kwon Do School. They will instruct students in the formal arts of Korean Martial Arts styles including Hapkido and Hwurang Do. This program is for the entire family. Held at Highlands Neighborhood Center.

Beginning White Belts \$50R/\$60NR
#39978 T/Th 5:30-6:30pm 1/9-2/15
#39981 T/Th 5:30-6:30pm 2/27-4/5
#39984 T/Th 5:30-6:30pm 4/17-5/24
Gold & Orange Belts \$50R/\$60NR
#39979 T/Th 6:30-7:30pm 1/9-2/15
#39982 T/Th 6:30-7:30pm 2/27-4/5
#39985 T/Th 6:30-7:30pm 4/17-5/24
Green Belts & Above \$50R/\$60NR
#39980 T/Th 7:30-8:30pm 1/9-2/15
#39983 T/Th 7:30-8:30pm 2/27-4/5
#39986 T/Th 7:30-8:30pm 4/17-5/24

Summer Co-Ed Youth T-Ball and Coach Pitch Leagues

Ages 5 to 8. Looking for a baseball league where the focus is on learning the fundamentals in a fun, safe, non-competitive environment? Then this league is for you! Registration starts May 1. League play is late June through mid-August. All skill levels are welcome to participate. Practices and games are held weekday evenings. Certified staff will coach each team. Registration forms will be available in April at local schools and the Renton Community Center.

Youth Athletic Associations

Soccer:

Cascade Soccer Club 425.277.1582
Highlands Soccer Club 425.241.5736
GRJSA GRJSA.org

Football:

Renton Rangers 206.713.3777
Benson Bruins www.bensonbruins.net

Baseball

5-Star Athletics www.5starathletics.com
Renton Little League rentonlittleleague.com
CVAC 425.458.4050 or www.CVAC.org

Renton Hoop Shoot

Hey kids, **ages 6 to 14**, test your free throw skills at the **Renton Community Center** on **February 11**. Boys and girls compete in age divisions. Age categories are 8 & under, 9-10, 11-12 and 13-14. First and second place will advance to compete against other area winners. **Fee is \$2 at the door.**

Ages 10 & under 2:00pm
Ages 11 & up 3:00pm

Teen Scene

Teen Trips

Transportation to off-site activities is provided and leaves from and returns to the North Highlands Neighborhood Center, unless otherwise noted. Parent waiver and/or parent packet required for most activities, teen trips and camps. Fees listed include admission and transportation. Participants should bring additional money for food, etc.

Friday Night on the Slopes

Ages 11 to 17. Calling all skiers and snowboarders! We will hit the slopes for some night skiing. Course fee covers transportation and supervision. Participants will be responsible for lift tickets and dinner on their own (sack dinners are recommended). No instruction provided.

#39722	F	1/19
#39723	F	1/26
#39724	F	2/2
#39725	F	2/9
#39726	F	2/16
#39727	F	2/23
#39728	F	3/2
#39729	F	3/9
#39730	F	3/16
#39731	F	3/23
3:30-11:30pm	Puthoff	\$5R/\$5NR

Snowboarding Spectacular

Ages 11 to 17. Snowboarders, your time has come! We will hit the road at 8:00am to get to the ski areas at Snoqualmie Pass just as the lifts start running. You can shred the mountain all day! Participants are responsible for purchasing their own lift tickets (a great inexpensive trip for those of you with season passes) and food. Skiers are also welcome.

#39782	M	1/29
8:00am-5:00pm	Puthoff	\$5R/\$5NR

Mid-Winter Madness

Ages 11 to 17. Back by popular demand, these trips are always full of boarders and skiers ready to shred the mountain. We will travel to the Summit at Snoqualmie for these all day adventures. Bring lunch (or money to buy it) and equipment. Lift ticket purchase required. For intermediate and advanced levels only. Fee includes transportation and supervision only. No equipment provided.

#39777	M	2/19
#39778	T	2/20
#39779	W	2/21
#39780	Th	2/22
9:00am-5:00pm	Puthoff	\$5R/\$5NR

**What's more fun than having a friend along?
Encourage a friend to register!**



Free!

Indoor Drive-In Theater

Ages 12 to 17. Have the fun of a drive-in movie without dealing with bad weather at this free program at North Highlands Neighborhood Center. Bring your sleeping bags and/or lawn chairs to sit on and enjoy a movie in a drive-in like setting. Popcorn, candy and pop will be available for purchase. Movies will be rated PG or PG-13 and start at 9:00pm.

**Saturday, February 17
9:00pm**

Free!

Flashlight Egg Hunts

Ages 7 to 10 and ages 11 to 15. Join the fun as we hold two separate night-time egg hunts at Liberty Park. We will stock the darkened field with loads of candy and prizes. All you need is a flashlight and a sack to carry home all your goodies.

**Friday, March 30
8:00pm
Liberty Park**

Spring Dance

Ages 11 to 15. After the Egg Hunt is over, it's time to get down on the dance floor. Admission to the dance is \$5 at the door. Renton School District I.D. required.

**Friday, March 30
9:00pm - 12:00am
Renton Community Center**

Teen Nights *Free*

Ages 13 to 17. Back and better than ever! We will have a 3-on-3 basketball tournament, game room tournament, and much, much more. If you like movies, we have that too. Only the latest PG-13 rated movies will be shown. Snacks will also be provided and prizes will be won. Don't miss this great program designed just for teens from 8:00pm to 11:00pm. **Held at Highlands Neighborhood Center.**

**Saturday, January 20
Saturday, March 24
Saturday, May 19**

Teen Scene

Fantasy Game Club

Ages 11 to 17. Fantasy Game Club is back and better than ever! With a special thanks to Wizards of the Coast and Hasbro, this program is now free to all participants. Each week of this game club will be a continuing role playing game within the Dungeons & Dragons setting. Imagination, creativity, and a fun attitude are a must make this a club a success! Preregistration is required. Sign up today and start your adventure. **Held at North Highlands Neighborhood Center.**

#39741	W	1/3-4/4
#39774	W	4/18-6/20
4:00-7:00pm	Puthoff	Free

Marauding Miniatures

This new program will introduce you to the world of miniature gaming. With a special thanks to Wizards of the Coast and Hasbro, this program is free to all participants. Each week will be a new game of miniature role playing in one of the following fantasy settings: Dungeons & Dragons, Axis & Allies and Star Wars. Imagination, creativity and a fun attitude are a must to make this a success. Preregistration required. Sign up today and start gaming, miniature style! **Held at North Highlands Neighborhood Center.**

#39775	M	1/8-4/2
#39776	M	4/16-6/18
4:00-7:00pm	Staff	Free

D&D Overnighter

Ages 11 to 18. Come to North Highlands Neighborhood Center for an all-night role-playing event. There will be an added "sleep time" when we will take a break from play to get some rest. We'll play Dungeons & Dragons in an extended campaign. Participants should bring a sleeping bag, etc. for sleeptime. No one will be allowed outside unsupervised. Dinner, breakfast and snacks are all included. Thanks to Wizards of the Coast, this program is free. **Held at North Highlands Neighborhood Center.**

#39739	S/Su	2/3-2/4
#39740	S/Su	3/10-3/11
#39773	F/S	5/4-5/5
5:00pm-12:00pm	Puthoff	

Thank you



Renton Youth Council

The Renton Youth Council (RYC) is a diverse group of teens that live in or attend middle or high school in Renton and strive to make a difference in our community by:

- Organizing activities;
- Educating the public about youth issues;
- Volunteering at community events to make Renton a positive and active place for youth and teens.

For more information on how to get involved, call 425.430.6726.

Dodgeball League

Ages 11 to 17. Dodgeball is back! Get your team together or sign up as an individual and we will put you on a team. You will play many two-minute games each night on your six to ten person team (need six players to start a match). If you think two-minutes is short, THINK AGAIN! The last day of the league will be the tournament to determine the overall champion. It's hard to find this much fun for only \$5 per person. **Held at North Highlands Neighborhood Center.**

#39738	W	1/10-2/14
7:00-9:00pm	Staff	\$5R/\$5NR

Family Scramble Golf ^{New} Tournament

The course is calling you! Register your foursome for this new tourney at Maplewood Golf Course. Each foursome can have up to two golfers over the age of 18. We will play a scramble format with tee times starting at 8:00am. There will be prizes for the longest drive and closest to the pin, to go along with the overall tournament champions. Don't miss this opportunity to play with your family, friends or both! Tournament fees per team include greens fees and prize pool.

#39806	F	4/13
Start at 8:00am		\$100

Hip, Hop, Dance

Ages 8 to 15. Join one of our most popular dance classes to brush up on your skills or learn some new moves for the dance floor. Always with the latest music available, we will show our new moves to family and friends at a performance at the last class session. **Held at North Highlands Neighborhood Center.**

#39733	T	1/9-2/13
#39737	T	2/27-4/3
7:30-8:30pm	Mittelstaedt	\$35R/\$42NR



Snow Shredders Ski & Snowboarding

Ages 4 and up. Quality, low cost and hassle free are just a few benefits of this ski and snowboard program. This program includes seven trips in a chaperoned bus from the Renton Community Center. Lessons are for beginners to experts. "Transportation only" available at a reduced rate. Registration forms are available at the Renton Community Center or call 425.868.3820 or visit www.skimohan.com for more information. Classes begin January 6 and end February 24. Buses leave the Renton Community Center at 9:00am and return at 6:00pm.



Ask your kids where
they're going and who
they'll be with.

Adult Programs

Adult Dance

Ballroom Dancing

Ages 14 & up. Shall we dance? Learn the Waltz, Fox Trot, Swing and Tango from competition dancer, Adrian Oakes. Couples are encouraged, but singles are welcome. No dance experience needed. **Held at Renton Senior Activity Center.**

#39987 T 1/23-3/13
#39988 T 3/27-5/15
6:30-7:30pm Oakes \$50R/\$60NR

Swing, Salsa and Rumba

Ages 14 & up. Competition dancer, Adrian Oakes, will energize your feet as you learn Salsa, Swing, Merengue and Rumba. Couples are encouraged but singles are welcome. No dance experience needed. **Held at Renton Senior Activity Center.**

#39989 T 1/23-3/13
#39990 T 3/27-5/15
7:35-8:35pm Oakes \$50R/\$60NR

Beaded Bracelet *New*

If you like the look of fashion jewelry, this class is for you! You'll learn the square stitch used to create a beautiful beaded bracelet. This technique gives the appearance of loom work without the difficulty of using a loom. Come sit, stitch and enjoy yourself with others. All supplies included.

#40247 W 3/7 & 3/14
7:00-8:30pm Cooper \$24R/\$29NR

Zulu Stitch Bracelet *New*

A unique design created by using two contrasting bead colors; this bracelet is perfect for anyone! It's three dimensional and the beads pop with beauty. All supplies included.

#40246 W 2/7
7:00-8:30pm Cooper \$18R/\$22NR



Continue your own learning - read a book, go to a museum or take a class.

Puppy Kindergarten

For puppies 10 to 20 weeks. Give your puppy a great start. Puppies love to play, so this class is fun, active and geared to the younger puppy. Puppies will learn the proper way to play with adults, children and other pets. Teach your puppy to walk politely on a leash and to come happily and willingly when called. Handlers will learn simple, dependable ways to prevent chewing, jumping up, nipping, biting, and barking. Understand housebreaking techniques and proper nutrition and get hands-on practice grooming and trimming nails. Well behaved children (5 & up) with parents are welcome. Bring puppy's shot records, favorite toy and some soft, easy to chew treats. Come with everyday collar (not harness) and leash (not retractable). **Held at Paws Abilities Training Center in Tukwila.**

No class May 26.

#39788 S 1/6-2/10
#39789 S 2/17-3/24
#39791 S 3/31-5/5
#39794 S 5/12-6/23
10:00-11:00am Babb \$66R/\$79NR

Basic Dog Obedience

For dogs 6 months and up. Help your dog be a good canine citizen. Using a common sense approach to dog obedience and a logical class progression, train your dog to sit on command, stand, lie-down, stay, come when called and heel at your side on a loose leash. Other subjects include how to control jumping, running through a door, territorialism, problem barking, nipping, biting and digging. Individual guidance will be given to illustrate how to gently but effectively perform each technique. Primary handler must be at least 12 years old but all family members are welcome to attend. Wear comfortable clothing and rubber-soled shoes. Bring your dog's normal collar (not harness) and leash (not retractable). **Held at Paws Abilities Training Center in Tukwila.** No class May 26.

#39795 S 1/6-2/10
#39796 S 2/17-3/24
#39800 S 3/31-5/5
#39801 S 5/12-6/23
11:30am-12:30pm Babb \$66R/\$79NR

eBay Selling Basics

Join over 430,000 people who make a living on eBay. Cindy Shebley will teach you how to get set up and some tricks of the trade. Learn to reach sixty million potential buyers by using the right keywords, smart pricing, photos and more. Instructor is a certified eBay Education Specialist. Includes workbook and CD. #40276 Th 2/22 & 3/1
6:00-9:00pm Shebley \$55R/\$66NR

eBay and Internet Photography

They say a picture is worth a thousand words. On eBay and Craigslist it can be more valuable than that! This workshop covers simple techniques used to create eye-catching product photos. Learn what to look for in a digital camera, composition and lighting. Included will be an introduction to simple set-ups that produce professional looking results and uncover the secrets of how to capture those catalog "floating on air" photographs. Workbook included.

#40275 Th 3/29
6:00-8:30pm Shebley \$20R/\$24NR

Fundraise on eBay!

Since 2003, the eBay Giving Works program has raised nearly 25 million dollars using a unique online auction process that turns in-kind donations into cash. eBay currently has more than 200 million users, all of whom could be donors! Are you a non-profit looking for a new fund raising venue? Or are you an eBay seller who wants to help your favorite cause by using your auction skills? This course will cover how to safely and easily use the eBay Giving Works and Missionfish programs to benefit nonprofits. Optional purchase of workbook from instructor for \$20.

#40272 Th 4/19
6:00-8:30pm Shebley \$7R/\$7NR



Adult Programs

Free Tax Assistance

Volunteer Tax Assistance provided by AARP in cooperation with the IRS. Program is for low and moderate income tax payers (income less than \$50,000). Appointments, 45 minutes long, are available Wednesdays, 12:00-4:30pm beginning February 7 and ending April 11. Call 425.430.6700 after January 1 for an appointment. Be sure to bring last year's tax return.

Fundamental Tai Chi

Although it is a formidable martial art, Tai Chi is more often practiced for exercise, relaxation, and numerous health benefits. Often referred to as "moving meditation," its movements are based on coordination of the mind, inner body and outer body. This course focuses on the first portion of the popular Yang-Style Tai Chi "Short Form." No class April 16 and May 28. **Held at Renton Senior Activity Center.**

#39924	M	1/22-3/26
6:30-7:30pm	Ewing	\$52R/\$62NR
#39926	M	4/2-6/11
6:30-7:30pm	Ewing	\$47R/\$56NR

Continuing Tai Chi

Learn the remaining movements of the Yang-Style Tai Chi "Short Form" and further refine the basic principles. Completion of "Fundamental Tai Chi" or instructor permission are required. No class April 16 and May 28. **Held at Renton Senior Activity Center.**

#39925	M	1/22-3/26
7:45-8:45pm	Ewing	\$52R/\$62NR
#39927	M	4/2-6/11
7:45-8:45pm	Ewing	\$47R/\$56NR

Film Like a Pro!

New

Ages 14 & up. This is the perfect class for an aspiring filmmaker or for anyone that likes home videos. Students will learn lighting, tripod and handheld work, tech tips, and tricks of the trade. Students provide a ready to record video camera and let creativity run amok!

#40248	S	2/10
10:00am-1:00pm	Farnsworth	\$40R/\$48NR

Get Fit to Golf

New

Be ready for your game this year! Get fit to golf will be a three part workshop taught by a licensed physical therapist designed to prepare you for the upcoming season and identify problem areas that may be predisposing you to injury. Mechanics of the body during the golf swing, important core strengthening, and inclusive stretching will all be covered. Great for golfers at all skill and age levels.

#40227	W	3/21-4/4
6:00-7:00pm	Dresch	\$35R/\$40NR

The Young Athlete: Injury Prevention

New

This 2-hour seminar, with attention to preventing injury in the young athlete, will be taught by a licensed physical therapist. Participants will be exposed to the Santa Monica PEP (prevent injury, enhance performance) program which was designed to decrease ACL injuries incurred by female soccer players. It focuses on a good warm-up, as well as proper mechanics, in jumping and landing positions. This is a great course for athletes of both genders and all ages, as well as parents and coaches.

#40226	W	5/23
6:00-8:00pm	Dresch	\$15R/\$18NR



Step Up to Health

The impact of America's couch-potato lifestyle is a health crisis in America.

Obesity is reaching epidemic proportions with 65% of adults categorized as overweight or obese and 16% of youth falling into the same category.

The result of this epidemic is multiple chronic diseases and conditions. Increasingly, children are becoming at-risk for adult onset diabetes and cardiovascular disease.

Parks and recreation provides an extraordinary resource that can help address obesity in America. The access, affordability, opportunity and inclusive nature of parks and recreation is central to helping reverse the obesity trend by encouraging the public to participate in recreational pursuits. There is no better way to begin living a healthier lifestyle than by participating in a recreational activity or by visiting your local park.

Now's the time for you and your children to "Step Up to Health."



For more information, visit www.nrpa.org.



HEALTHY YOUTH®

Play as hard as you work.

Fitness Classes

Fitness at a Glance

Monday
Fundamental Tai Chi 6:30pm
Continuing Tai Chi 7:45pm

Wednesday
Beginning Yoga 5:30pm
Intermediate Yoga 6:50pm

Monday/Wednesday
Body Boot Camp 5:20pm
Group Fitness Training 5:20pm
Step and Sculpt 5:25pm
Evening Jazzercise 6:30pm
Pilates Mat Class 7:35pm

Monday/Wednesday/Friday
Jazzercise-1 day a week 9:00am
Jazzercise-2 days a week 9:00am
Jazzercise-3 days a week 9:00am

Tuesday/Thursday
Cardio Cross Training 9:15am
Group Fitness Training 10:30am
Butt n' Gut 5:00pm
Cardio Kickboxing 5:35pm
Body Sculpt 6:35pm

Tuesday/Saturday
Nia Tuesday 7:45pm
Saturday 9:30am

Body Boot Camp

Back by popular demand! Looking for change from your traditional fitness program? Start your commitment to improving your overall health with a dose of tough love Boot Camp style! A six-week program will challenge you to a whole new fitness level. Cardiovascular, muscular, strength, and all around core training are just few drills waiting for you! Increase energy and build self-confidence and enlist now. All fitness levels welcome.

#40277	M/W	1/22-2/28
5:20-6:20pm	Lindsley	\$50R/\$60NR
#40278	M/W	4/16-5/23
5:20-6:20pm	Lindsley	\$50R/\$60NR

Step and Sculpt

Tone muscles and burn fat with certified group fitness instructor Melissa Stewart. Providing a positive and motivational environment, this class incorporates step, interval weight training and core stability for an ultimate body workout. Exercise your way to a new you! All fitness levels welcome. Modification tips provided for beginner students. Drop-ins \$6 as space permits.

#39811	M/W	1/8-2/28
5:25-6:25pm	Stewart	\$62/\$74NR
#39812	M/W	3/5-4/25
5:25-6:25pm	Stewart	\$66/\$79NR
#39813	M/W	4/30-6/13
5:25-6:25pm	Stewart	\$54/\$65NR

Something for Everyone!

- ◆ Variety of classes-from zero-impact to high intensity training
- ◆ Convenient class times and great facilities
- ◆ Certified Instructors - AFAA and ACE



Cardio Cross Training

If you're looking for a full body workout, this class has it! Fitness expert Linda Lindsley brings you sixty minutes of moderate to high intensity cardio work involving a variety of step, kickboxing, fitball drills and weights. Equipment is limited. Bringing your own equipment is welcomed. Drop-ins \$6 as space permits.

#39792	T/Th	1/9-3/1
9:15-10:15am	Lindsley	\$66R/\$79NR
#39793	T/Th	3/6-4/26
9:15-10:15am	Lindsley	\$66R/\$79NR
#39797	T/Th	5/1-6/14
9:15-10:15am	Lindsley	\$58R/\$70NR

Cardio Kickboxing

Kickboxing improves flexibility, strength, stamina, coordination and overall physical well-being. It is body friendly and does not have to be high impact, but you get the intensity of a very hard-core workout. Core body strength is emphasized focusing on using the abs throughout. This powerful exercise formula is NOT intimidating and is appealing to beginners, as well as advanced athletes. Drop-ins \$6 as space permits.

#39783	T/Th	1/9-3/1
5:35-6:30pm	Evensen	\$66R/\$79NR
#39784	T/Th	3/6-4/26
5:35-6:30pm	Evensen	\$66R/\$79NR
#39785	T/Th	5/1-6/14
5:35-6:30pm	Evensen	\$58R/\$70NR



Small Group Fitness New Training

Small group personal fitness training makes fitness fun, while providing accountability, encouragement, education and social support from other with similar goals. Sessions are limited to no more than 8 people, so you will receive professional individualized instruction and supervision from personal trainers, Linda Lindsley and Bena Filbert. The 6-week session includes both cardiovascular exercise and resistance training. Class sessions are scheduled twice a week and designed to provide a strong base for your ongoing fitness program. If you like the idea of exercising in a small group environment under the motivational guidance of a certified personal trainer, consider this option.

#40285	T/Th	1/16-2/22
10:30-11:30am		\$240R/\$288NR
#40288	M/W	3/5-4/11
5:20-6:20pm		\$240R/\$288NR
#40286	T/Th	3/13-4/19
10:30-11:30am		\$240R/\$288NR
#40287	T/Th	5/8-6/14
10:30-11:30am		\$240R/\$288NR

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Fitness Classes

Jazzercise

When you love your workout, the results come easy. That's why Jazzercise blends aerobics, yoga, Pilates and kickboxing movements into fun dance routines set to fresh music. All fitness levels welcome. Weights optional. Drop-ins \$6 as space permits.

Morning Jazzercise

Join Fran Kendall as she teaches Monday, Wednesday and Friday from 9:00-10:00am.

Class #	Days/week	1/8-3/2
#39869	1	\$34R/\$41NR
#39870	2	\$66R/\$79NR
#39871	3	\$94R/\$113NR
Class #	Days/week	3/5-4/27
#39928	1	\$34R/\$41NR
#39929	2	\$66R/\$79NR
#39930	3	\$98R/\$118NR
Class #	Days/week	4/30-6/15
#39931	1	\$30R/\$36NR
#39932	2	\$58R/\$70NR
#39933	3	\$82R/\$98NR

Evening Jazzercise

#39934	M/W	1/8-2/28
6:30-7:30pm	Spurrier	\$62R/\$74NR
#39935	M/W	3/5-4/25
6:30-7:30pm	Spurrier	\$66R/\$79NR
#39936	M/W	4/30-6/13
6:30-7:30pm	Spurrier	\$54R/\$65NR

jazzercise

it shows.

Open House

Wednesday, January 3
9:00am and 6:30pm

Body Sculpt

Group exercise specialist Dayna Evensen combines cardio, step, circuit training and more. This combination class is for all fitness levels and provides a positive environment for cross training fun and total body fitness. Drop-ins \$6 as space permits.

#39786	T/Th	1/9-3/1
6:35-7:30pm	Evensen	\$66/\$79NR
#39787	T/Th	3/6-4/26
6:35-7:30pm	Evensen	\$66/\$79NR
#39790	T/Th	5/1-6/14
6:35-7:30pm	Evensen	\$58R/\$70NR



Take care of yourself
first and you'll take
better care of others.

Fundamental Tai Chi

Although it is a formidable martial art, Tai Chi is more often practiced for exercise, relaxation, and numerous health benefits. Often referred to as "moving meditation," its movements are based on coordination of the mind, inner body and outer body. This course focuses on the first portion of the popular Yang-Style Tai Chi "Short Form." No class April 16 and May 28. Held at Renton Senior Activity Center.

#39924	M	1/22-3/26
6:30-7:30pm	Ewing	\$52R/\$62NR
#39926	M	4/2-6/11
6:30-7:30pm	Ewing	\$47R/\$56NR

Continuing Tai Chi

Learn the remaining movements of the Yang-Style Tai Chi "Short Form" and further refine the basic principles. Completion of "Fundamental Tai Chi" or instructor permission are required. No class April 16 and May 28. Held at Renton Senior Activity Center.

#39925	M	1/22-3/26
7:45-8:45pm	Ewing	\$52R/\$62NR
#39927	M	4/2-6/11
7:45-8:45pm	Ewing	\$47R/\$56NR

Pilates Mat Class

Pilates to the core! Join group exercise instructor Dawn Thomas for this body changing experience. Pilates slims the muscles and develops a long lean look while creating a solid central support system for the body's core. Sticky mat required for class. Drop-ins welcome as space allows (\$10R/\$12NR).

#39803	M/W	1/8-2/28
7:35-8:35pm	Thomas	\$107R/\$128NR
#39804	M/W	3/5-4/25
7:35-8:35pm	Thomas	\$114R/\$137NR
#39805	M/W	4/30-6/13
7:35-8:35pm	Thomas	\$93R/\$112NR

Nia

The Nia Technique is everything you could want in an exercise class, coupled with all the joy, love, and self-expression you want in your life. Blending dance, martial arts, and healing awareness, certified Nia white belt instructor Jackie Walsh will help you enliven and connect your mind, body and spirit. Create physical fitness by moving naturally, powerfully and mindfully. This exciting class is held on Tuesdays (7:45-8:45pm) and Saturdays (9:30-10:30am) and will change your body and life! All fitness levels are welcome. No class March 17 and April 28.

Class #	Days/week	1/9-2/17
#40279	1	\$44R/\$53NR
#40280	2	\$86R/\$97NR
Class #	Days/week	2/20-3/31
#40281	1	\$44R/\$53NR
#40282	2	\$79R/\$95NR
Class #	Days/week	4/10-5/19
#40283	1	\$44R/\$53NR
#40284	2	\$79R/\$95NR

Butt n' Gut New

Through a variety of exercise techniques, maximize your most important muscle group in just thirty minutes! This mid-section workout targets abdominals, buttocks and hips, optimizing strength and endurance while improving posture and form. This is a great way to rev up any workout regimen. All fitness levels welcome. Drop-ins \$3 as space permits.

#39807	T/Th	1/9-3/1
5:00-5:30pm	Staff	\$34R/\$41NR
#39808	T/Th	3/6-4/26
5:00-5:30pm	Staff	\$34R/\$41NR
#39809	T/Th	5/1-6/14
5:00-5:30pm	Staff	\$30R/\$36NR

Yoga

Beginning/Gentle Yoga

Class is designed for those new to yoga and those looking for a gentle yoga experience. It is taught in the Viniyoga style, where the movements are connected to the breath. Typical class includes centering, specific breath work, postures and relaxation. Postures can generally be adapted for those with specific needs, though the student will need the ability to kneel and do standing work without the use of a chair. Please bring your own blanket and yoga mat. Drop-ins welcome \$10 residents and \$12 for non-residents as space permits.

#40073	W	1/10-3/14
5:30-6:40pm	Rippie	\$92R/\$110NR
#40075	W	3/28-5/30
5:30-6:40pm	Rippie	\$92R/\$110NR

Intermediate/Challenge Yoga

Class is for students with at least 6 months yoga experience and are familiar with the Viniyoga style of integrated breathing and movement. In this class, posture variations are more demanding with more repetitions and longer holds. Please bring your own blanket and yoga mat. Drop-ins welcome \$10 residents and \$12 for non-residents as space permits.

#40074	W	1/10-3/14
6:50-8:00pm	Rippie	\$92R/\$110NR
#40076	W	3/28-5/30
6:50-8:00pm	Rippie	\$92R/\$110NR

No classes
January 15
and May 28.

Cross Country Skiing

Gear List

- ◆ X-country skis, poles and boots.
- ◆ Warm, waterproof outer layer clothing.
- ◆ Extra layers of clothing. Hint: avoid wearing cotton because it absorbs and traps moisture. Synthetic or wool products work great.
- ◆ Lunch, snacks and a least 1/2 liter of water per person.
- ◆ Sunglasses or ski goggles, and sunscreen.
- ◆ Comfortable backpack.
- ◆ Warm hat that covers the ears.
- ◆ Gloves (waterproof and warm). Two pairs recommended.
- ◆ Extra socks.
- ◆ Do not wear jeans.
- ◆ Dress for the elements.

Intro to X-Country Skiing

Learn the basics of gliding, pole position, falling and getting up. Then take a trek along the Iron Horse Trail and see beautiful Lake Keechelus. Instruction will be given along the way. Distance: up to 14 miles; Elevation gain: 0; Rating: **Trail: Groomed.**

#39937 Su 1/7 \$18R/\$22NR

Lake Easton

This groomed trail winds through the forest, where we link up with the Iron Horse Trail as it follows along the Yakima River. There is a small network of trails in the forest to explore on the way back. Distance: 5 miles; Elevation gain: 100 feet; Rating: 1; **Trail: Groomed.**

#39938 S 1/13 \$18R/\$22NR

Cabin Creek

Cabin Creek is a great place for all levels of skiers. The trails are well groomed and always in great shape. There are several options from flat to steep. All trails loop and we will be able to be done before lunch and one after. We will split into groups with the same skill levels. Distance: 3 to 6 miles; Elevation gain: 0 to 500 feet; Rating: 1 to 3; **Trail: Groomed.**

#39939 Su 1/21 \$18R/\$22NR

#39945 Su 3/25 \$18R/\$22NR

Iron Creek

Located near Blewett Pass, this trail follows the abandoned Old Blewett Highway. We will ski alongside Hover Creek to a viewpoint where we will eat lunch before gliding back. Distance: 6 miles; Elevation gain: 700 feet; Rating: 2; **Trail: Not groomed.**

#39940 S 2/3 \$18R/\$22NR

Huckleberry Creek

This relatively flat trail alternates between old growth forest and open fields as we follow it along the creek. It's a great beginners trip! Distance: up to 8 miles; Elevation gain: 100 feet; Rating: 1; **Trail: Not groomed.**

#39941 Su 2/11 \$18R/\$22NR

Crystal Springs

Crystal Springs has a network of looping trails with something for everyone. Once there, we will split into two groups. Those who favor the flats will enjoy the loops down in the valley. Those who like the hills can climb up for some exciting rides down. Distance: 3-7 miles; Elevation gain: up to 600 feet; Rating: 1; **Trail: Groomed.**

#39942 S 2/17 \$18R/\$22NR

Indian Creek

Located in the Teanaway Valley, this tour will follow the Teanaway River before intersecting with Indian Creek. Views of the mountain can't be missed. Distance and elevation gain will be determined by the group. Participants can turn around at any time. Distance: 3 to 6 miles; Elevation gain: under 200 feet; Rating: 1 to 2; **Trail: Not groomed.**

#39943 Su 3/11 \$18R/\$22NR

Snoqualmie Pass New Nordic Center

With miles of groomed trails and great views all around, this trip can't be missed. After taking the chair lift up to the top of Hyak, we will glide our way around Mount Catherine and back to the Nordic Center. There are many variations that make this trip longer or steeper. Distance: up to 15 miles; Elevation gain: up to 800 feet; Rating: 2 to 3; **Trail: Groomed. Nordic ticket required to be purchased on day of trip for \$15.**

#39944 S 3/17 \$18R/\$22NR

Amabilis Mountain

Located at the Cabin Creek Sno-Park, this trail follows an old logging road. Good turning and downhill skills required for the descent. Distance: 8 miles; Elevation gain: 2,100 feet; Rating: 3; **Trail: may be groomed.**

#39946 S 4/7 \$18R/\$22NR

Rating System

Ages 18 and up. Trips listed are day-long (9:00am-5:00pm). Transportation is provided from the Renton Community Center. Equipment is not provided. Distances are round-trip.

All trips are rated on a scale from 1 to 3 (see below). There is an additional notation indicating if the trail is groomed or not. Depending on your ability, you will need to pay attention to that, in addition to the rating. It's hard to rate trips due to many variables. For XC skiing, elevation is the #1 factor. The ability to stay in control while going down hill is the main factor in this rating system. Other uncontrollable factors, that could make a trip feel easier or harder, are snow conditions, weather, snow pack depth, temperature, and how you are feeling that day.

1 = Flat or small hills.

2 = Some larger rolling hills.

3 = Long climbs and long descents; good turning and stopping skills required.

Falling is just a part of XC skiing. Everyone does it, some just more than others. Falling is also a great way to stop if you feel you are going too fast down a hill.

A groomed trail means the ski tracks have been set by a machine. Non-groomed trails can have set tracks made by other skiers but they may not be as straight or smooth as a machine groomed surface.

Physical fitness is difficult to rate. For XC skiing, please be comfortable walking the distance of any trip and, keep in mind, the elevation that will be gained on a trip.

For each trip, the guide will have been on the trail within a week to access hazards, snow conditions and ensure safety. If snow conditions are unsafe, the trip will be moved to a safe location away from any hazards. That decision will be made the day of the trip. In the event of possible road closures due to snow, the trip may be canceled or the location changed the day of trip.

Snowshoeing

Rating System

Ages 18 and up. Trips listed are day-long (9:00am-5:00pm). Transportation is provided from the Renton Community Center. Equipment is not provided. Distances are round-trip.

Trips are rated on a scale below from 1 (easiest) to 6 (hardest). It's hard to rate trips due to many variables. Elevation and distance are the main factors, but others include steepness of trail, attitude, and obstacles. Other uncontrollable factors, that could make a trip feel easier or harder, are snow conditions, weather, snow pack depth, temperature, and how you are feeling that day.

- 1 = Relatively flat terrain with little or no obstacles.
- 2 = Small amounts of elevation with little or no obstacles.
- 3 = Increased distance, elevation gain less than 1000 ft. May be some obstacles.
- 4 = Distance up to six miles and elevation gain less than 1500 feet. Obstacles likely in trail. Should be comfortable going down. Requires good physical fitness.
- 5 = Trail may be steep in spots. Obstacles likely in trail. Distance at least five miles. Must be comfortable going down. Requires very good physical fitness.
- 6 = Large elevation gain and loss, and steep trail with many obstacles. Requires excellent physical fitness.

An obstacle may be a log, small stream, or drainage that needs to be crossed.

Physical fitness is difficult to rate. For snowshoeing, please be comfortable walking 1 ½ times the distance of any trip and keep in mind the elevation that will be gained on a trip.

On all trips, the guide will have been on the trail within the week of the scheduled trail to access hazards and snow conditions to ensure safety. If snow conditions are unsafe the trip will be moved to a safe location away from any hazards. That decision will be made the day of the trip. In the event of possible road closures due to snow, the trip may be canceled or the location changed the day of trip.

Basic Snowshoeing

For those who have never gone snowshoeing before, this trip is for you. We will cover all the basics from fitting your snowshoes to walking and climbing. We will take a short tour through the Gold Creek Valley while practicing all the necessary techniques needed to enjoy snowshoeing. Distance: 2.5 miles; Elevation gain: 100 feet; Rating: 1.

#39949 S 1/6 \$18R/\$22NR

Lake Kachess *New*

This trip will be slightly harder and longer than the basic class. We will go to beautiful Lake Kachess where we will work on fine tuning our skills while enjoying the views of the lake and surrounding peaks. Distance: 4 miles; Elevation gain: 300 feet; Rating: 2.

#39950 Su 1/14 \$18R/\$22NR

Source Lake

Source Lake is a favorite destination for snowshoeing. Rather than snowshoeing out and back on the same trail, we will make this trip a loop. Starting on the Snow Lake Trail, just below Snoqualmie Mountain, we will see The Tooth, Bryant and Chair Peaks before having lunch at a viewpoint above the lake. After lunch, we will round the lake and travel on the lower slopes of the peaks we saw on our way in. Distance: 5 miles; Elevation gain: 600 feet; Rating: 3.

#39951 S 1/20 \$18R/\$22NR

Commonwealth Basin

Beginning on the Pacific Crest Trail at Snoqualmie Pass, we will follow a creek past numerous waterfalls and stunning views of Guye Peak before reaching the basin. While eating lunch, enjoy views of Kendall Peak and Red Mountain. Distance: 6 to 8 miles; Elevation gain: 1500 - 2300 feet; Rating: 4.

#39952 Su 2/4 \$18R/\$22NR

Kendall Stump *New*

A favorite destination for many back country skiers, "The Stump" is also a great snowshoe route. It starts out in the woods but quickly turns to wide open slopes. It has a great climb and a very exciting descent. Please feel very comfortable with going down hill if you want to get the best out of this trip. Distance: 5 miles; Elevation gain: 1350 feet; Rating: 4.

#39953 S 2/10 \$18R/\$22NR

Diamond Head

Located at Blewett Pass, this follows a great trail to just below the summit of Diamond Head. There are views of the Teanaway, Mount Stewart and Table Mountain. On the way back, there is a fantastic open slope to descend before entering back into the forest. Distance 5 miles; Elevation gain: 1800 feet; Rating: 5.

#39954 Su 2/18 \$18R/\$22NR

Bullion Basin

We will start at Crystal Mountain, where the snow is deep, and make our way up to a peaceful sub-alpine meadow covered in snow. The impressive views on this trip are worth the effort. Distance 6 miles; Elevation gain: 1800 feet; Rating: 5.

#39955 S 2/24 \$18R/\$22NR

Snow Lake Divide

This trip is very similar to the Source Lake trip, but it will take us deeper and higher up into the back country. From our turnaround point, a view of all the Alpine Lakes peaks can be seen. Distance: 7 miles; Elevation gain: 2000 feet; Rating: 5.

#39956 Su 3/18 \$18R/\$22NR

Kendall Peak *New*

This trip will be an exploration of the Kendall Peak area. Elevation and distance will be determined by snow conditions. Under ideal conditions, we may have the opportunity to get to the summit. Distance: 7 miles; Elevation gain: 2700 feet; Rating: 6.

#39957 S 3/24 \$18R/\$22NR

Guye Peak

This peak is known for its rock climbing and mountaineering routes with extreme exposure. We won't be going up that way. There is a very straight forward way up the back side, that offers the same reward without the risk. You will have to work for it though. The top is located 2100 feet above where we'll start, but once there, you'll agree that it was worth it. Distance: 6 miles; Elevation gain: 2,100 feet; Rating: 6.

#39958 S 4/14 \$18R/\$22NR

Gear List

- ◆ Snowshoes and poles.
- ◆ Warm, waterproof outer layer clothing.
- ◆ Extra layers of clothing. Hint: avoid wearing cotton because it absorbs and traps moisture. Synthetic or wool products work great.
- ◆ Lunch, snacks and a least 1/2 liter of water per person.
- ◆ Sunglasses or ski goggles, and sunscreen.
- ◆ Comfortable backpack.
- ◆ Warm hat that covers the ears.
- ◆ Gloves (waterproof and warm). Two pairs recommended.
- ◆ Boots that keep your feet warm and dry.
- ◆ Extra socks.
- ◆ Do not wear jeans.
- ◆ Dress for the elements.

Outdoor Recreation

Snow Shredders Ski & Snowboarding

Ages 4 and up. Quality, low cost and hassle free are just a few benefits of this ski and snowboard program. This program includes seven trips in a chaperoned bus from the Renton Community Center. Lessons are for beginners to experts. "Transportation only" available at a reduced rate. Registration forms are available at the Renton Community Center or call 425.868.3820 or visit www.skimohan.com for more information. Classes begin January 6 and end February 24. Buses leave the Renton Community Center at 9:00am and return at 6:00pm.

Picnic Shelters

The rates listed below are proposed for 2007 pending approval.

Picnic shelter reservations are available on a first-paid, first-served basis for non-profit events. No phone-in reservations allowed. Shelters are reservable April 1 through September 30, including holidays. Groups must adhere to the picnic shelter rules and regulations as set forth by the City of Renton. Informational Picnic Packets are available to answer your questions. **Groups larger than 150 are not allowed at any shelter.** Requests for special events must make full disclosure (e.g., weddings, religious services, inflatables, catering, etc.). No inflatables allowed at Coulon Beach Park. A certificate of insurance may be required. No refunds will be given due to inclement weather or violation of Park Rules and Regulations. A day is considered 8:00am to sunset. Groups may have one (1) reservation scheduled in a calendar year. Absolutely no exceptions. **A \$5 fee will be charged for cancellations. Cancellations must be made 14 days in advance to be eligible for a refund and are required in writing.**

The following rates apply for Coulon Beach North Shelter, Coulon Beach South Shelters, Coulon Creekside Shelter, Cedar River Trail, Liberty Park, Philip Arnold Park, Riverview Park, Teasdale Park and the new park under construction in the Highlands (name to be determined). Reservations for the new park will not be available until July 1, 2007.

	<u>Resident Rate</u>	<u>Non-resident Rate</u>
8:00am-12:00pm	\$55.00	\$110.00
1:00pm-5:00pm	\$55.00	\$110.00
6:00pm-sunset	\$55.00	\$110.00
All Day (groups under 75)	\$80.00	\$160.00
Groups 75 to 150 (maximum)	\$110.00	\$210.00

Green Thumb?

Greenhouse Gardening

Ages 14 & up. Year-round temperature-controlled gardening is available in our 70-degree greenhouse. Table spaces are 4' x 3'. Gardeners are responsible to maintain and water their own space. All plants must be from seed starts. One-time key deposit of \$25 is required.
#40224 4/1-9/30 \$20R/\$24NR
\$15 for seniors

Community Garden

Put that green thumb to work in your own 10' x 40' garden plot in Renton's Community Garden. City of Renton staff prepare the soil. Water is provided. Mandatory meeting March 22 at 6:30pm at the Renton Community Center.
#40225 4/15-10/17 \$20R/\$24NR
\$15 for seniors

**Shelter hours are 8:00am to sunset.
Alcoholic beverages are strictly prohibited.**



**Eat together
as a family
whenever possible.**

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Outdoor Recreation

America's Boating Course

Ages 12 & up. This 8-hour course is for the recreational boater, and provided by the U.S. Coast Guard Auxiliary. It is designed to teach safe and enjoyable boating and satisfies the new boater education requirements for the State of Washington. It also meets the criteria for discounts of most insurance companies. ABC presents information to help boaters avoid problems on the water. Prepare now for enjoyable boating next summer. Supply fee of \$20 paid to instructor. **Held at Renton Community Center.**

#40238	S	3/31
#40239	S	5/12
9:00am-5:00pm		\$7R/\$7NR

Intro to Basic Sailing

Ages 9 and up. Patient and skilled staff will teach you to rig and sail a small dinghy, all within a confined area. No experience necessary. Bring a towel and a sense of humor. **Held at Coulon Beach Park Canoe Launch.**

#40222	W	5/9-5/30
5:00-7:30pm	Bagnell	\$32R/\$38NR

Red Cross Certified - Small Boat Sailing

Ages 10 and up. You'll learn to rig and sail a small dinghy within a confined area. Basic requirements of the American Red Cross Small Boat Sailing certification covered. No experience necessary. Bring a towel and a sense of humor. Float test required prior to participation. **Held at Coulon Beach Park Canoe Launch.**

#40223	Th/F	5/10-6/1
5:00-7:30pm	Bagnell	\$80R/\$95NR

Cedar River Boathouse

Located on the southern shore of Lake Washington in the Cedar River Trail at 1060 Nishiwaki Lane.

Paddle to Coulon Beach Park for lunch, travel up the gently flowing Cedar River, or explore the waters around the shoreline homes. View great blue herons, cormorants, egrets, bald eagles, osprey, beaver, muskrats, turtles, and if you're lucky, you'll meet the otters that live on our dock.

The Cedar River Boathouse offers canoe and kayak rentals and classes.

425.430.0111
www.canoe-kayak.com

Gene Coulon Memorial Beach Park Park Hours

January 1 - April 30	8:00am - 8:00pm
May 1 - May 31	8:00am - 9:00pm
June 1 - September 3	8:00am - 10:00pm
September 4 - September 30	8:00am - 9:00pm
October 1 - December 31	8:00am - 8:00pm

Boat Launch Information & Fees

The boat launch is open 24 hours a day. Fees and schedule subject to change. Overnight boat moorage is not permitted. Day use expires at midnight on the day of purchase. 24-hour use expires midnight the following day.

Day Use

Renton resident	\$5.00
Non-resident	\$10.00

24-Hour Use

Renton resident	\$10.00
Non-resident	\$20.00

Resident Passes: Residents must obtain and display a Renton Resident Pass when paying resident rates. Passes may be obtained free of charge at the Renton Community Center. Proof of Renton residency, tow vehicle and trailer registration required.

Annual Passes: Annual passes are available at the Renton Community Center. Fees are \$60 for non-residents and \$30 for City of Renton residents. Proof of residency, tow vehicle and trailer registration required.

Ivar's and Kidd Valley Restaurants

Ivar's Seafood Bar, a northwest tradition since 1938, offers the finest authentic Northwest seafood. Kidd Valley's menu includes hamburgers and great "fruit" milkshakes. Restaurant hours are 10:30am to the park's posted closing hours.

Henry Moses Aquatic Center

Dates to Remember:

- ◆ Day camp reservations begin January 2. Contact Lisa McMartin or Ryan Spencer at 425.430.6700. Space is limited. Reserve early.
- ◆ Season passcard sales, canopy rentals, and group ticket sales begin on April 9 (in-person only) at the Renton Community Center.
- ◆ Swim lesson information will be available on April 9 at Renton Community Center.
- ◆ Opens in June.



Adult Athletics

Upcoming Adult Athletic Leagues							
Leagues	Class Number	Open Registration Starts	Season Starts	Season Ends	Game Days	Team Fee	Location
Men's Winter Basketball:							
"Lower Rec"	#39972	November 15	January 9	March 27	Tuesday	\$575	Renton Community Center
"Lower Rec"	#38173	November 15	January 11	March 29	Thursday	\$575	Renton Community Center
"Upper Rec"	#38172	November 15	January 11	March 29	Thursday	\$575	Renton Community Center
Men's Spring Basketball:							
"Lower Rec"	#40032	March 7	April 12	June 14	Thursday	\$460	Renton Community Center
"Upper Rec"	#40033	March 7	April 12	June 14	Thursday	\$460	Renton Community Center
Co-Ed Winter Volleyball:							
"Competitive"	#38176	November 15	January 8	March 19	Monday	\$260	Renton Community Center
"Upper Rec" - Monday	#38177	November 15	January 8	March 19	Monday	\$260	Renton Community Center
"Upper Rec" - Wednesday	#38178	November 15	January 10	March 14	Wednesday	\$260	Renton Community Center
"Lower Rec"	#38179	November 15	January 10	March 14	Wednesday	\$260	Renton Community Center
Co-Ed Spring Volleyball:							
"Competitive"	#40028	March 7	April 2	June 11	Monday	\$270	Renton Community Center
"Upper Rec" - Monday	#40029	March 7	April 2	June 11	Monday	\$270	Renton Community Center
"Upper Rec" - Wednesday	#40030	March 7	April 4	June 13	Wednesday	\$270	Renton Community Center
"Lower Rec"	#40031	March 7	April 4	June 13	Wednesday	\$270	Renton Community Center
Spring Softball:							
Men's Rec "Upper"	#40035	February 1	April 23	July 9	Monday	\$785	Local Parks
Men's "Church"	#40036	February 1	April 24	July 10	Tuesday	\$785	Local Parks
Co-Ed "Competitive"	#40034	February 1	April 24	July 10	Tuesday	\$785	Local Parks
Men's Rec "Lower"	#40038	February 1	April 25	July 11	Wednesday	\$785	Local Parks
Men's "D"	#40037	February 1	April 26	July 12	Thursday	\$785	Local Parks
Summer Softball:							
Co-Ed "Upper Rec"	#40047	March 7	June 3	August 5	Sunday	\$505	Local Parks
Co-Ed "Lower Rec"	#40048	March 7	June 3	August 5	Sunday	\$405	Local Parks

Adult Athletic Leagues

Men's Basketball - Three seasons of men's recreational basketball are offered. The fall league runs from mid-September through late November. The winter league runs from early January through late March. The spring league runs from early April through mid-June. Each season offers two levels of competition, "Upper Rec" and "Lower Rec" with certified officials. Minimum age is 18, ex-college players must be at least 35 years of age to participate. All teams guaranteed 10 games except the spring league. Games are played at the Renton Community Center. The top teams will advance to a league championship tournament. Tournament winners will receive awards. Space is limited.

Co-Ed Volleyball - Three seasons of adult co-ed volleyball are offered. The winter league runs from early January through mid-March. The spring league runs from early April through mid-June. The fall league runs from late September through early December. Each season offers three levels of competition with certified officials. Two women must be on the court at all times. All teams are guaranteed 8 matches of three games per match. Games are held at the Renton Community Center. The top teams from each division will advance to a league championship tournament. Tournament winners will receive awards. Space is limited.

Softball - Three seasons of adult softball are offered. The spring league runs from late April through mid-July. The summer league runs from early June through early August and the fall league runs from early August through early October. Each season offers a variety of competition levels. Doubleheaders will be played in most leagues. The top teams will advance to a league championship tournament. Tournament winners will receive awards. Space is limited.

For adult athletics or field reservations, contact Andy O'Brien at 425.430.6700 or e-mail aobrien@ci.renton.wa.us.

Resident Benefits

Resident athletic teams are invited to register one day prior to open registration. Teams with a minimum of 50% City of Renton residents are eligible for a 20% discount on league fees which will be credited after final roster review at the season's end.

Racquetball Leagues

The winter league runs January through March. The spring league runs April through June. Two levels of competition are offered. The Recreation League is for beginning to intermediate players (C/D level), and the Competitive League is for intermediate to advanced players (A/B level). This is a great way to meet new players and test your skills. Matches are played on Tuesday nights, at 6:00, 7:00, or 8:00pm. Players will be called regarding their first match time. Schedules and rules will be available at the first match. Space is limited so register early. League fee is \$35R/\$42NR.

Winter League

Registration deadline 1/2/07. League begins 1/9/07.

Competitive Division -Tuesdays #39572
Recreation Division-Tuesdays #39574

Spring League

Registration deadline 4/3/07. League begins 4/10/07.

Competitive Division -Tuesdays #39573
Recreation Division -Tuesdays #39575

For racquetball information, contact Ryan Spencer at 425.430.6718 or e-mail rspencer@ci.renton.wa.us.

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Renton Community Center

Need a Meeting Space or Having a Party?

The Renton Community Center is located along the banks of the Cedar River and provides an ideal location for receptions and business meetings. Classrooms, large meeting rooms, and a banquet facility (with full kitchen) are available to accommodate a variety of needs from theater-style seating to banquet-style dining. Additionally, a double gym is available to provide seating for lectures or presentations. Our fully trained staff will see to all of your needs from start to finish.



Fitness Passes

Passes are non-transferable, non-refundable. Participants may be required to show picture ID at any time. Passes and fees are listed below and include Washington State sales tax. *Childcare is not provided. Children may not be left unattended.*

	<u>Resident Rate</u>	<u>Non-resident Rate</u>
One Month Pass		
Student/Senior	\$20.00	\$20.00
Adult	\$25.00	\$30.00
Couples Pass	\$40.00	\$50.00
Family Pass	\$60.00	\$80.00
Three Month Pass		
Student/Senior	\$50.00	\$50.00
Adult	\$62.00	\$75.00
Couples	\$100.00	\$125.00
Six Month Pass		
Student/Senior	\$90.00	\$90.00
Adult	\$112.00	\$135.00
Couples	\$180.00	\$225.00
Racquetball Pass - Eight (8) visits	\$48.00	\$48.00

Day Use Fees

	<u>Resident Rate</u>	<u>Non-resident Rate</u>	<u>Student/Senior Rate</u>
Aerobics	\$6.00	\$6.00	\$6.00
Shower	\$1.00	\$1.00	\$1.00
Racquetball	\$7.00/hr	\$7.00/hr	\$7.00/hr
Wallyball	\$10.85/hr	\$13.00/hr	\$9.75/hr
*Drop In Activity	\$3.00	\$3.00	\$2.00

*This fee includes the fitness room, badminton, basketball and volleyball open gyms.

The Student/Senior rate applies to participants 50 & over or 17 & under.

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Operating Hours:

Monday -Thursday 6:00am-10:00pm
Friday 6:00am-8:00pm
Saturday 8:00am-8:00pm

425.430.6700

Rental Rates

Note: Rates listed below are proposed for 2007 pending approval.

Banquet Room Resident Rates:

Friday (minimum 5 hours) \$375
Saturday (minimum 10 hours) \$750
Sunday (minimum 10 hours) \$750
Monday - Thursday \$65/hour
Kitchen Fee (Monday-Thursday) \$80
Additional weekend hours are \$75/hour

Banquet Room Non-Resident Rates:

Friday (minimum 5 hours) \$450
Saturday (minimum 10 hours) \$900
Sunday (minimum 10 hours) \$900
Monday - Thursday \$80/hour
Kitchen Fee (Monday-Thursday) \$80
Additional weekend hours are \$90/hour

Classroom Rental Rates:

Residents \$20/hour
Non-Residents \$25/hour

Gym Rental Resident Rates:

Available as schedule allows. Reservations can be made 2 weeks in advance, except for special event rentals.

Full Gym \$35/hour
Double Gym \$70/hour

Special Event:

Full Gym \$500/day
Double Gym \$1000/day

Gym Rental Non-Resident Rates:

Full Gym \$40/hour
Double Gym \$80/hour

Special Event:

Full Gym \$600/day
Double Gym \$1200/day

The gym is available for special event rentals (trade shows, craft shows, etc.) and requires an additional fee for carpet setup and take down or special electrical needs. *Note: Special events and other rentals may require insurance at the discretion of the Risk Manager.*

Fitness Pass Special!

January - March
\$19.95/month or
1 year pass for
\$200!

Carco Theatre

Audition
For

Missoula Children's Theatre Rumplestiltskin - January 8 to 13

Missoula Children's Theatre provides young actors and actresses a professional theater experience with heart. Give your child the chance to get on stage with theater professionals from one of the most widely respected children's theater companies in the United States. They do it all: sets, lights, costumes and make-up. Auditions will be Monday, January 8 from 4:30 to 8:30pm at the Renton Community Center. There are approximately fifty to sixty roles for students in grades kindergarten through 12. Rehearsals will be January 9 through 12. Auditions are limited to 200 students. **Register for class #40373.**

Performances are Saturday January 13 at 3:00pm and 7:00pm. Tickets are \$10 for adults and \$6 for student/seniors. Tickets will be available January 11 at the Renton Community Center.

Valley Community Players 425.226.5190

Romantic Comedy

A comedy by Bernard Slade
(February 2 - February 18, 2007)

Jason Carmichael, an arrogant but successful co-author of Broadway comedies, teams with Phoebe, a budding playwright, just as he is marrying a society belle. For ten years, all goes well. Then, Jason's world falls apart - his wife divorces him to go into politics and Phoebe, who really loves Jason, marries someone else and moves to Paris - Jason goes into professional, financial and physical decline. Re-enter Phoebe - and guess the ending.

Barefoot in the Park

A comedy by Neil Simon
(April 6 - April 22, 2007)

After a six-day honeymoon, a spanking new lawyer, who has just won his first case for six cents in damages, and his young bride, who is as pretty and as addled as they come, move into a new high rent apartment, that she has chosen. But in order to enjoy the charming character of this apartment one has to climb six wheezing flights to get to it. To add to that, no furniture, no room for a double bed, the paint's all wrong, snow comes in through the skylight, and there's an outlandish gourmet who lives in the padlocked loft on the roof, and uses the apartment and window ledge to gain access. The lawyer has finally had enough and when he refuses to walk barefoot in the snow with his wife, she throws him out. But why should he leave, shouldn't she leave since he's paying the rent?

22nd Annual Summer Teen Musical

Try out to be a part of the 22nd Annual Summer Teen Musical. Auditions consist of one song (accompaniment provided) and a one-minute monologue. Bring your dancing feet, as dance auditions will follow. Call the Carco Theatre at 425.430.6706 for an appointment or drop by. Auditions will be held May 7 through 9 and callbacks will be scheduled for May 12. Upon being cast, tuition of \$120 for residents or \$150 for non-residents required and due by the first rehearsal on May 14.

Saturday Series

Improv In an Instant!

Ages 6 to 12. Who says you need a script to be an actor? Using props, games and imagination, this one day workshop highlights the art of improvisation or acting on your toes. Bring an open mind, lots of energy and enthusiasm is a must. By the end of the day, students will have skits to perform for family and friends. A short showcase at the end of the class will show off the new talents you have learned. All supplies included.

#40243 S 3/24
1000am-1200pm Farnsworth \$70R/\$84NR

Camp Out Theatre

Ages 6 to 12. Who says you need the outdoors for a campout? This one day event is filled with sleeping bags, s'mores, spooky stories and sing-alongs. Spend the afternoon making friends and memories. Please bring a sack lunch, sleeping bag, and flashlight.

#40244 S 4/21
1000am-200pm Farnsworth \$60R/\$72NR

Calamity's Costume Closet!

Ages 6 to 12. Using costumes as our basis, students will let their imaginations soar! Students will create characters, play games and embody the character they have created. All supplies included.

#40245 S 5/5
1000am-1200pm Farnsworth \$70R/\$84NR

Community Concerts

Renton City Concert Band - Thursday, December 7 at 7:30pm and Thursday, March 15, 7:30pm - Directed by Michael Simpson, the 70 piece band will delight you with holiday music. Tickets are \$7 for adults and \$5 for students/seniors. Held at Renton IKEA Performing Arts Center (400 South 2nd, Renton).

Renton Youth Symphony Orchestra Holiday Concert - Saturday, December 16 at 3:00pm and Sunday, May 6 at 3:00pm - Enjoy this talented group of young musicians as they perform unabridged classical compositions reminiscent of the season. Tickets are \$7 for adults and \$5 for students and seniors. Held at Carco Theatre.

Carco Theatre

Renton Youth Symphony Orchestra

The Renton Youth Symphony Orchestra offers students an opportunity to perform unabridged classical compositions as a group. The RYSO was created to give talented young musicians an opportunity to play in a full orchestra with a professional director. Session starts January 8 at Carco Theatre from 6:30-9:00pm. If accepted to RYSO, tuition per quarter is \$75 for residents and \$90 for non-residents. Rehearsals are held Monday evenings from 6:30 to 8:00pm. Call 425.430.6700 for information.

#40072 M 1/8-5/6
6:30-8:00pm Girsh \$75R/\$90NR

Elementary Ensemble: Alice in Wonderland

Ages 6 to 12. Enjoy the wonderful world of Lewis Carroll as we venture down the rabbit hole and into the land of theatre! Learning the basics, such as characterization and projection, has never been so much fun. Students will get the chance to embody the Mad Hatter, the Queen of the Hearts and more. A performance on the last day will show what we have learned together.

#40240 W 1/17-3/28
4:30-6:00pm Farnsworth \$95R/\$114NR

Let's Make a Movie *New*

Ages 6 to 12. Aspiring Oscar winners unite! Budding film stars will have a chance to star in their own sketch comedy mini-movie. Stepping in front of the camera has never been so much fun! Final day of class students will get the ultimate red carpet treatment when they premiere their movie for family and friends. All supplies included. Each student will receive a copy of the DVD.

#40242 W 4/25-5/9
4:30-6:00pm Downey \$90R/\$108NR

Let's Make a Band *New*

Ages 7 to 15. Students will create a band under the guidance of instructor and band leader Sean Downey. Learn how to play instruments, write music, play live in a jam session and perform a concert on the final day of class. No musical experience needed! Instructor will provide instruments or students can bring their own.

#40241 Th 4/19-5/24
4:00-6:00pm Farnsworth \$99R/\$119NR

Winter and Spring Kid's Concert Series

Out of school and nothing to do? Enjoy some great entertainment at Carco Theatre. Each concert is from 1:00 to 2:00pm and tickets are \$2. **Call 425.430.6700 for more information.**

Tuesday, February 20th - Storyteller Nana Kibibi - "One of the most exciting storytellers and performers in the Pacific Northwest." Her combination of music and drama coupled with dance and folktales from Africa creates a performance of storytelling that is unique, uplifting and educational. Her stories typically end with a short lesson in Swahili. A fun cultural treat for the whole family.

Friday, February 23 - Goin' Someplace Special by Patricia C. McKissack - Theatrical performance put on by Book it Repertory Theatre. A young girl braves her first unaccompanied trip to "someplace special" in Newbery Honor-winning author Patricia C. McKissack's tale of strength and segregation in 1950s Nashville. Drawing on her own childhood, the author tells the story of 'Tricia Ann, who convinces her grandmother that she's old enough to take the bus to her favorite destination, the only place in town where "All Are Welcome." Although the young girl faces all manner of discrimination along the way; Tricia Ann carries on, thanks to the encouragement of friends and the acceptance and wisdom she knows awaits her at her final destination, the public library.

Wednesday, April 11 - ALLEYOOP - For over 20 years Alleyoop, (A.K.A. Allan Hirsch) has been entertaining and educating children. He tells stories, asks riddles, sings songs, and plays musical games. He shares his fabulous whistle collection, his puppets and his collection of American Folk Toys.

Friday, April 13 - Brothers from Different Mothers - This dynamic duo of juggling comedians shoulders the challenge of gravity time after time. Watch the Brothers juggle with their feet! Watch Matt chop vegetables in mid-air! Watch Alex catch a horse with his face. Witness comedy that topples convention! See stunts that exceed the boundaries of the possible! The Brothers' high-energy wackiness and off the wall antics will stop nothing short of hilarity and amazement. Bring the extended family because this is a show for all generations.

Special thanks to our sponsor

**The Keutla Team of Keller Williams Realty
at 206.909.1477**



The Hi-Liners DownStage Center Presents:

Puss In Boots

January 5, 6 & 7 at Renton Carco Theatre

Reserved Seating ~ \$10 all seats

Tickets will go on sale mid-November and
may be purchased on-line or by phone:

www.hi-liners.org

206-617-2152



Specialized Recreation

For information call
the Specialized Recreation office
425.430.6715
The Specialized Recreation brochure
"The Buzz" can be viewed online at
www.rentonwa.gov.

About Our Program

The Specialized Recreation Program is pleased to provide a variety of inclusive recreational opportunities as well as adaptive programs for persons with disabilities. Our program provides an opportunity to participate in group leisure and recreational activities in the least restrictive environment possible. We welcome and encourage children and adults with special needs to register for all programs offered, not just the programs listed on this page. Please see ADA Accommodations listed on page 30 of this brochure. Pre-registration is required for all programs.

Club Thursday

Thursday Night Social Club is held at the Renton Senior Activity Center unless otherwise noted. Time: 7:00-8:30pm. Cost: \$25R/\$30NR. Ages 16 & up. Class #40228.

January 4	Happy New Year Party & Dance	February 8	Valentine Card Making
January 11	BINGO Night	February 15	Valentine's Sweetheart Dance
January 18	Talent Show at Carco Theatre.	February 22	Banana Split Bonanza
January 25	Karaoke Night	March 1	Wacky Games Night
February 1	Movie Night	March 8	Pizza & Playing Board Games

360 Art

Ages 13 & up. Do you enjoy painting or doing crafts? Would you like to learn more about art and try some exciting projects? Then 360 Art is the class for you! Join Sandra Wallace, professional artist, and learn painting and drawing techniques, paper mache and mosaics...just to name a few! No art experience necessary for this class. Class meets on **Tuesdays, January 9 to March 13** at the Renton Community Center from 6:00-7:30pm. Fee: \$40R/\$48NR. Class # 40229.



Sports

Ages 8 & up

The Renton Recreation Division offers sports training and competition through Special Olympics. Individual, team and unified sports are provided. Before participating, athletes must submit a current Special Olympics Washington Application for Participation (AFP) and a Renton Recreation Division Specialized Recreation Information Form. **Cost: \$25R/\$30NR (per sport).** See "The Buzz" for dates, time and locations.

Winter

Begins January 3

Basketball

- ◆ Individual Skills - ages 8 & up (#40233)
- ◆ Junior Division - ages 8 to 15 (#40234)
- ◆ Senior Division- ages 16 to 21 (#40235)
- ◆ Masters Division (Co-Ed Unified)- ages 22 & up (#40236)

Exciting Winter Excursions

Ages 16 and up. Meet at the Renton Community Center. Fees and times vary. Please see "The Buzz" for more details. Pre-registration required.

- ◆ IMAX Theatre & Dinner
January 19 (#40230)
January 26 (#40231)
- ◆ Harlem Globetrotters
February 21 (#40232)

Please call
425.430.6715 to
receive the Spring
edition of
"The Buzz."

Spring class
registration begins
February 27 for
residents and March 1
for non-residents.

Renton Senior Activity Center

About the Center

This drop-in facility offers the opportunity for fun, friendship, health, and socialization through a variety of activities and services for citizens ages 50 and older. We do not provide respite adult day care or services that would normally be provided by a trained attendant, nurse or personal caregiver. **A complete quarterly brochure listing classes, special events and services for the Renton Senior Activity Center is available.**

Our Activities

Come be part of the "daily" hub of the Center. The activities listed below will keep you hoppin'.

Ongoing Activities

- ◆ Friday Dinner/ Dance (3rd Friday of the month)
- ◆ Bridge
- ◆ Pinochle
- ◆ Mah Jongg
- ◆ Coffee Bar
- ◆ Pool
- ◆ Computer Lab
- ◆ Book Club
- ◆ Bible Study
- ◆ Thursday Afternoon Dance
- ◆ Cribbage

Outdoor/Sport Activities

- ◆ Hikes
- ◆ Walks
- ◆ Bocce Ball
- ◆ Croquet
- ◆ Horseshoes
- ◆ Co-Ed Softball

Day and Overnight Trips

- ◆ For current trip opportunities, pick-up a copy of the Renton Senior Activity Center's quarterly brochure.

Special Events

- Look for these upcoming events.
- ◆ Snowflake Ball
 - ◆ Friday Night Dinner Dances
 - ◆ Senior Stage Revue

Our Classes

The Renton Senior Activity Center offers a wide range of classes for learning, entertainment, and creativity.

Lifetime Enrichment

- ◆ Computers
- ◆ Safe Driving
- ◆ Financial Workshops
- ◆ Keyboard
- ◆ Guitar

Arts and Crafts

- ◆ Ceramics
- ◆ Painting
- ◆ Woodcarving
- ◆ Bunka Embroidery
- ◆ Creative Memories
- ◆ Drawing
- ◆ Watercolor

Dance

- ◆ International Folk Dance
- ◆ Ballroom
- ◆ Mid-Eastern
- ◆ Line Dance
- ◆ Tap
- ◆ Hawaiian Dance

Fitness

- ◆ Tai Chi
- ◆ Aerobics
- ◆ Senior Fitness Training
- ◆ Low Impact Exercise
- ◆ Total Fitness

Hours

Monday - Friday 9:00am -5:00pm

Staff

Shawn Daly Coordinator
Debbie Little Recreation Specialist
Wendy Kirchner Programmer
Patty Wills Programmer

Bert Feskens Bus Driver
Rosie Warren Bus Driver

211 Burnett Avenue North

425.430.6633

Our Services

The Renton Senior Activity Center offers the following:

Health Services

- ◆ Health assessment
- ◆ Healthy lifestyles
- ◆ Foot care - call 425.430.6662
- ◆ Low Vision Education Group
- ◆ Free blood pressure checks
- ◆ Hearing Loss Association Group
- ◆ Widowed Information and Consultation Services

Legal Services

- ◆ Free legal information
- ◆ Statewide Health Insurance Benefits Advisor (SHIBA)

Nutrition Program

- ◆ Lunch - Served Monday through Friday 11:00am to 12:00pm. Fee is \$3 per meal or \$5.75 if under 60. For information, call 425.255.7932.

Transportation Services

- ◆ Renton Express - Mini-bus transportation service for senior citizens who live in the Renton School District and need to get to the Renton Senior Activity Center.

Computer Programs

- ◆ Stop by and visit our new state-of-the-art computer room. This 12-station facility is the perfect environment for the first time user as well as the computer expert. Check out the Renton Senior Activity Center's brochure for a complete list of class offerings.

Planning a Party?

The Renton Senior Activity Center, located along the banks of the Cedar River, offers a banquet room with a view. Hardwood floors, elegant stage, outside patio and kitchen make this facility the ideal venue.

Senior Rates (60 & over):

Wednesday/Friday (5-hour min.)
Saturday/Sunday (5-hour min.)
Additional hours

Resident

\$225
\$325
\$75/hour

Non-Resident

\$300
\$400
\$75/hour

Non-Senior Rates:

Friday (5-hour min.)
Saturday/Sunday (10-hour min.)
Additional hours

Resident

\$375
\$750
\$75/hour

Non-Resident

\$450
\$900
\$90/hour

Wednesday/Friday rentals are available after 5:00pm only. **Additional hours are not available on Wednesday.** There is a damage deposit of \$400 for all non-senior events and \$100 for senior events (unless alcohol is served, then the \$400 deposit is required.) **Prices effective January 1, 2007.**

Human Services

**Do you need medical or dental care?
Don't have insurance or can't find a doctor who takes Medicare or Medicaid?**

Medical Services

Community Health Centers of King County, Renton Community Health Clinic
200 S. 2nd Renton - 425.226.5536

Hours: Monday - Wednesday 8:00am to 7:00pm
Thursday and Friday 8:00am to 5:00pm

Serve: Low-income, uninsured or underinsured.

Cost: Sliding fee scale based on family size and income. Medicare, Medicaid, Basic Health Plan accepted. No one turned away because of inability to pay.

Interpreters: Need to request at time of appointment, no charge.

What:

- Diagnosis and treatment of acute and chronic illnesses and minor injuries
Examples: asthma, high blood pressure, diabetes, colds, flu, hay fever
- Preventive care, including childhood immunizations and routine screening for major diseases
- Prenatal/obstetric care, including delivery
- Acupuncture and massage therapy

Renton Public Health Center
3001 NE 4th Street - Renton

Hours: 9:00am to 5:00pm

Serve: Low income individuals and families

Cost: Sliding fee scale, also Medicare, Medicaid, Basic Health Plan

Interpreters: Need to request at time of appointment, no charge

- Adult and Child Immunizations
- AIDS Services
- Family Planning and STD Clinic
- Home Visits
- Nutrition Services
- Pregnancy Tests
- Social Work
- Tuberculosis testing and screening
- Women, infants and children nutrition program

Rotacare
206 S. Tobin - Renton

Appointments: None. Walk In.

Hours: 9:00am to 11:00am, Saturday only

Serve: Those who have no insurance and limited ability to pay for medical services.

Cost: Visits free. Basic medications are free for illness or minor injury for 2 to 4 weeks. Basic x-rays, blood work and tests are provided by Valley Medical at no cost - tests that are not donated will be ordered and paid for by Reducer.

What:

- Treatment of illness or minor injury
- Screening of high blood pressure and diabetes
- Referral for basic x-rays, blood work and test related to basic illness or minor injuries
- Basic medications related to patient's illness or minor injury
- Referral for ongoing medical care



**Ask for help
when you need it.**

Dental Services

Community Health Centers of King County, Kent Clinic
403 E. Meeker, Kent - 253.852.2866

Hours:

Monday & Tuesday 8:00am to 8:00pm

Wednesday - Friday 8:00am to 5:00pm

Serve: Children, and adults between 18 and 65.

Cost: Sliding fee scale. Medicare, Medicaid and Basic Health Plan accepted.

What:

- Routine care such as cleaning and fillings
- Urgent/emergency care for patients in pain or other emergency needs
- Limited surgical dentistry, such as extractions and root canals

Northwest Medical Team Mobile Dental Care Unit

St. Anthony's Parish Hall
501 S. 4th St, Renton - 425.226.1027

Hours of Service: Comes once a month
Serve: Low income individuals between the ages of 18 and 55 without dental insurance; homeless

Cost: No Charge

What: Teeth cleaning, fillings and extractions

Renton Public Health Dental Clinic
10700 SE 174th St, Suite 101,
Renton - 206.296.4955

Hours:

Monday - Wednesday 7:30am to 6:00pm

Thursday & Friday 7:30am to 4:30pm

Serve: Children 1-18 years of age; people 60 years of age and older. Pregnant women who have Medicaid insurance

Cost: Sliding fee scale, also Medicare, Medicaid, Basic Health Plan

What:

- Routine care such as teeth cleaning and fillings
- Baby teeth extractions
- Partial dentures for older adults

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Human Services

Renton Housing Repair Assistance Program Spring Home Repair List Checklist

For the complete list of repairs, visit the www.rentonwa.gov and type "spring home repair list" in the search engine.

Exterior

1. Check rain gutters and downspouts to see if they are clear of debris and securely anchored to the eave line and the house wall.
 - a. If they are clogged, remove the debris. Use a garden hose, a gutter scoop and a nylon brush to flush the gutters and downspouts. Use a wire brush to remove rust and peeling paint. Repair leaks and seal joints with a high-quality exterior grade caulk. Prime bare spots and add a fresh coat of paint.
 - b. If you have downspout water around your house, direct the water away from the foundation.
2. Inspect your fascia, siding, and trim for damage such as cracking, splitting, warping, peeling paint or decay.
 - a. Replace worn siding sections and add additional nails or screws if the nails have popped out.
 - b. One of the best means of brightening dingy siding is with a thorough pressure washing with water. If the siding is chalked or streaked, scrub it using a nylon truck brush along with a mild solution of powdered laundry detergent and hot water. Rinse thoroughly with fresh water.
 - c. Inspect the condition of the caulking where two different materials meet, for example where wood siding joins the foundation's wall or at inside corners. Improper caulking provides an avenue for moisture to get inside your walls.
 - d. Apply new caulk and paint where needed.
3. Check to see if the exterior door and window frames and trim need work.
 - a. Apply new caulk and paint where needed.
 - b. Remove window and door screens and clean them with a solution of powdered laundry detergent and hot water. Brush the screens with a nylon brush and rinse the screens and frames with a garden hose. Mend tears and replace deteriorating material with new fabric. Lubricate hinges on screen doors and adjust hydraulic closers to make sure that the door closes fully.
4. Inspect your roof. Often you can do this without getting on the roof by using binoculars to inspect from the ground or a ladder near the house.
 - a. Look for wind, snow, or ice damage such as loose or missing roof shingles. Have damaged shingles replaced if they're on less than 20% of the roof. Reroof if damaged shingles cover more than 20% of the roof.
 - b. Check the supports, seals, and wire anchors of equipment such as television service hardware and electrical mast.
 - c. Look in the attic for water stains on the underside of the roof sheathing and on the rafters. They are telltale signs of a roof leak that might not yet produce enough water to make its way to your ceiling. You don't need to wait until it rains to check a roof for leaks. Use a garden hose at suspicious areas to determine if your roof is leaking.
5. Inspect masonry chimneys for cracks and missing mortar around bricks and blocks.



**When you're in a rut,
change something
about your routine to
get a fresh outlook.**



Human Services Staff

Karen Bergsvik	Human Services Manager
Dianne Utecht	CDBG Contract Specialist
Tim Lawless	Housing Repair Coordinator
Lynn Rothlisberger	Maintenance Worker
Gloria Gamba	Secretary

Renton Public Libraries

Operating Hours

Renton Public Library
100 Mill Avenue South
425.430.6610

Monday - Thursday 10:00am-9:00pm
Friday & Saturday 10:00am-6:00pm
Sunday Closed

Highlands Library

2902 NE 12th Street
425.430.6790

Monday - Thursday 10:00am-7:00pm
Saturday 10:00am-4:00pm
Friday & Sunday Closed

Special Events



Japanese Folk Tales and Music

Monday, February 19, 2007, at 7:00pm

Puppets, music and stories presented by Elizabeth Falconer. Gather around the Koto, the "dragon's back" and experience tales told with warmth, humor and original music.



Celebrate Earth Week

Monday, April 16, 2007, at 7:00pm

Meet Miss Ladybug and enjoy stories, music and fingerplays. Live ladybugs will be given away! Think green.



Preschool Storytimes

(Children of all ages welcome)

A new theme each week, includes name tag, take-home sheet and wonderful stories. Share this special time with your child.

Renton Public Library
Wednesdays at 10:00am
January 31 to May 23, 2007

Highlands Library
Tuesdays at 10:00am
January 30 to May 22, 2007

Sleepytime Storytime

Come in your pajamas and enjoy stories, fingerplays, and songs.

Renton Public Library
Mondays at 7:00pm
January 29 to May 21, 2007



An American Girls Doll Tea Party

Saturday, June 9, 2007, at 11:00am

Bring your favorite doll or stuffed animal and join us for stories about dolls. See the entire American Girls Doll Collection. Meet Felicity, Josefina, Kirsten, Addy, Samantha, Kit, Molly, and Kaya who will have traveled from Middleton, Wisconsin to enjoy our doll tea party. Refreshments will be served. Children of all ages and all who love dolls are invited to participate.

Renton History Museum

Spring 2007 Speaker Program

Please join us at the Renton History Museum for our spring program series. Programs are free with regular Museum admission, and always free for members.

Youth and Adult Program Ages: High school and up



February 13 at 4:30 pm - Celebration of Black History Month. Ray Egan presents *Ezra Meeker: George Washington Bush*. African-American George Washington Bush and his family left Missouri in 1844, searching for freedom and free land. Oregon's infamous "Lash Law" forced the Bushes and 24 loyal white friends to settle north of the Columbia. Despite the fact that federal law would not permit him to own the land he farmed because of his race, Bush saved countless white pioneers from destitution by freely sharing his crops with them.

March 13 at 4:30 pm - Celebration of Women's History Month. Sarah Butruille's program *Tea, True Womanhood, and Uppity Women* explores how women started thinking about their lives,

and their own freedom while attending tea parties. Hear tales of Washington women, both uppity and refined, who opened up a wider world for their sisters.

April 10 at 4:30 pm - Reflection on the lives of immigrant workers. Living Voices presents *La Causa*, script written by Rachel Atkins. In the late 1960s civil rights activist Cesar Chaves changed the lives of Latin-American farm workers by fighting racism and indecent working conditions. Experience this chapter of American history as one young woman balances the demands of her family and culture and fights to see her people free of poverty.



May 8 at 4:30 pm - Celebration of Asian Pacific Americans History Month. Living Voices presents *Within the Silence*, script written by Ken Mochizuki. In 1942 Executive Order 9066 imprisoned thousands of loyal Japanese Americans. These innocent citizens struggled to maintain their families while incarcerated. Witness Americans striving to preserve their patriotism and faith in the country they love.



Family Program Ages: Elementary through Adult

February 10 at 11:00 am - *Songs and Stories to Reconcile* By. Vincent T. Hutchinson takes us on a short journey through African-American history. We hear stories and drums in the African village on the West Coast of Africa. Suddenly we are captured and transported via the Middle Passage to slavery in the New World. There are songs and escape plans to deal with, many deeply in code. The program ends with an exclamation of friendship and helpfulness and a better understanding among people of all colors.



March 10 at 11:00 am - *Her-Stories*. Throughout history, folk tales have been filled with fascinating characters, and many of them are female! Meet some of the bravest, cleverest and silliest women and girls ever as storyteller, musician and historian Karen Haas presents *Her-Stories*. She's delved into folklore from around the world to find traditional tales where women take the center stage. Laugh, sing and celebrate Women's History Month as you discover that some of the best parts of history are *Her-Stories*!

April 14 at 11:00 am - *Calamity Payne's Wilde West Wonder Show*. Known far and wide as a teller of tale tales, Calamity Payne also uses his extraordinary skill at the "High Art of Prestidigitation" to dazzle and amaze both young and old alike. Fashioned after entertainments popular during the late 1800s, the King of the Cowboy Conjurors is a fun-filled performance that will engage and delight the entire family.

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Gift Shop

The Museum Gift Shop is a great place to do your gift shopping. New items and books have been added to the gift shop. We have just received a new shipment of the Centennial Afghans, selling for \$74.59 plus tax and have a nice selection of books, including Chief Seattle's Vision "How Can One Sell the Air?" Revised Edition for \$9.95 plus tax



General Information

Located at 235 Mill Avenue South in Renton, the Museum is open Tuesday through Saturday, 10:00am to 4:00pm, except holidays. Closed on official holidays.

Admission

Adults: \$3.00
Children over 7: \$1.00

Renton Historical Society members are admitted free. Guided tours for groups over ten in number are available with advanced registration for \$2 per person. Admission is free to the public on the first and third Saturday of each month.

425.255.2330

Maplewood Golf Course

Winter Specials

Maplewood Golf Course offers one-stop shopping for all golfers. Check out our fully stocked pro shop and all of our winter golfing specials. We also have gift certificates available year-round. Please call the pro shop for additional details. Don't forget, this is a great time to schedule your company, staff, or family golf tournament. There are fantastic dates available, but they go fast! This is also a great time of year to tune up your game and keep those muscles loose. Check out our golf lesson program.

425.430.6800

The Course

Voted "Best Public Golf Course" four years in a row from the "Readers Choice Award" of the King County Journal, Maplewood Golf Course is challenging and fun for all players. This par 72 course plays to just over 6,100 yards from the back tees. With ponds, traps, creeks, tree-lined fairways, and firm fast greens, solid ball striking and course management is a must. Our continued sanding program of fairways and tees, and our professional and friendly golf course staff keep Maplewood in great shape year-round.

Tee times are accepted one week in advance. Being one of the busiest courses in the Seattle area, it is strongly recommended that you call to book a tee time as early as possible.

Course Yardage

Blue Tees	6,117 yards
White Tees	5,698 yards
Red Tees	5,155 yards

Driving Range

Maplewood's 30-station driving range is open daily. For more information on hours and instructional programs, call 425.430.6800.

*Large Bucket (60-70 balls) \$6.00
Small Bucket (30-35 balls) \$4.00
Extra value range keys are available for \$50 and \$100. * Effective April 1, 2007, large bucket will be \$7.00.

Pro Shop

At our full-service pro shop, you will find a wide variety of attire and equipment. If you do not see what you are looking for, let us know and we will special order it for you. Please come in and give us the opportunity to show you why we have been voted "Best Public Golf Course" for four consecutive years. If you are interested in establishing a golf handicap, Men's and Ladies' Clubs are accepting dues beginning January 2007.

Special!
Through

February '07
\$13 after 1:00pm
7 days a week!

Golf Course Staff

Kelly Beymer	Golf Course Manager
Kathy Ruff	Golf Course Operations Specialist
Mike Toll	PGA Head Professional
Tom Walther	Assistant Professional
Kirk Gleason	PGA Apprentice
Steve Meyers	Golf Course Supervisor
Pete Frigard	Lead Golf Course Worker
Dave VanSantford	Equipment Mechanic
Greg Haake	Golf Course Maintenance Worker

Green Fees

Through March 2007

18 Holes

Weekday (Monday-Friday)	\$18.00
Weekend (Saturday-Sunday)	\$26.00

9 Holes

Daily	\$18.00
Third Nine	\$11.00

Junior Rates (Monday-Friday)

18 Hole Round	\$12.00
9 Hole Round	\$12.00
Add Nine	\$3.00

Senior Rates (Monday-Friday only)

18 Hole Round	\$13.00
9 Hole Round	\$13.00
Add Nine	\$4.00

Effective April 1, 2007

18 Holes

Weekday (Monday-Thursday) ...	\$28.00
Weekend (Friday-Sunday)	\$32.00

9 Holes

Daily	\$19.00
Third Nine	\$11.00

Junior Rates (Monday-Thursday only)

18 Holes	\$16.00
9 Holes	\$12.00

Senior Rates (Monday-Thursday only)

18 Holes	\$19.00
9 Holes	\$13.00

Classes & Lessons

Effective April 1, 2007, rates will change. Call for details.

Hour Lessons

Private	\$50.00
Two People	\$60.00
Three People	\$75.00

Half Hour Lessons

Private	\$30.00
Junior	\$20.00

Playing Lessons

Four Holes	\$50.00
Nine Holes	\$100.00

Beginning Golf Class

Series of four (4) one-hour classes	
4-6 People	\$75.00

Rentals

Through March 2007

Power Cart

9 Holes (Monday-Friday) ..	\$7.00/seat
18 Holes (Weekend)	\$10.00/seat

Effective April 1, 2007

Power Carts

18 Holes	\$24.00
9 Holes	\$14.00
Trail Fee	\$8.00

Pull Carts

18 Holes	\$4.00
9 Holes	\$2.50

Club Rentals

Full Set	\$10.00
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Facility Locations

2007 City Officials

Kathy Keolker, Mayor

City Council

Randy Corman
Terri Briere
Dan Clawson
Denis Law,
Toni Nelson, President
Marcie Palmer
Don Persson

Boards, Committees, and Commissions

Park Commission

Tim Searing, Chair
Cynthia Burns
Al Dieckman
Michael O'Donin
Ron Regis
Larry Reymann
Troy Wigstrand

Library Board

Heidi Beckley
John G. DuBois
Lynne Shioyama
Connie Sholdra

Human Services Advisory Committee

Margie Albritton
Janet Bertagni
Laura Brock
Casey Bui
Rolf Dragseth
Charles Gray
Laura Law
Pam Wilson

Renton Municipal Arts Commission

Jerri Everett
Kristi Hand
Roosevelt Lewis
Marie McPeak
Linda Middlebrooks
Dawn Murin
Mike O'Halloran
Patricia Pepper
Evelyn Reingold
Patricia Riggs
Eleanor Simpson

Advisory Commission on Diversity

Antonio Cube
Sandel Demastus
Vern Nichols
Kelly Roberts
Charles Thomas
Lari White



Community Services Facilities

Burnett Linear Park
502 Burnett Avenue South

Carco Theatre
1717 Maple Valley Highway

Cedar River Park
1717 Maple Valley Highway

Cedar River Trail
From Lake Wa. to Jones Road

Earlington Park
272 Thomas Avenue SW

Gene Coulon Beach Park
1201 Lake Washington Blvd. North

Glencoe Park
4440 NE 24th Street

Henry Moses Aquatic Center
1719 Maple Valley Highway

Highlands Elementary School
2720 NE 7th Street

Highlands Library
2902 NE 12th

Highlands Neighborhood Center
800 Edmonds Avenue NE

Jones Park
Wells Ave. So. at Cedar River

Kennydale Beach Park
3601 Lake Washington Blvd. N.

Kennydale Lions Park
2428 Aberdeen Avenue NE

Kiwanis Bicentennial Air Park
260 Rainier Ave. N.

Kiwanis Park
815 Union Avenue NE

Lake Street Park
1511 Lake Avenue South

Liberty Park
Bronson Way N. & Houser Way N.

Liberty Park Community Building
1101 Bronson Way North

Maplewood Golf Course
4050 Maple Valley Highway

Maplewood Heights Elementary School
13430 - 144th Avenue SE
Maplewood Park
3400 SE 6th Street

Maplewood Roadside Park
3201 Maple Valley Highway

McKnight Middle School
1200 Edmonds Avenue NE

Nelsen Middle School
2403 Jones Avenue South

North Highlands Neighborhood Center
3000 NE 16th Street

Paws-Abilities (Tukwila)
1007 Industry Drive. Building #33

Philip Arnold Park
720 Jones Avenue South

Renton Community Center
1715 Maple Valley Highway

Renton Greenhouse
101 Williams Avenue North

Renton Public Library
100 Mill Avenue South

Renton Senior Activity Center
211 Burnett Avenue North

Renton Stadium
Logan Avenue S. & N. 4th Street

Ron Regis Park
1501 Orcas Avenue SE

Riverview Park
2901 Maple Valley Highway

Sierra Heights Elementary School
9901 132nd Avenue SE

Sunset Court Park
1150 Harrington Avenue NE

Talbot Hill Elementary School
2300 Talbot Road South

Talbot Hill Reservoir Park
710 South 19th Street

Thomas Teasdale Park
601 South 23rd

Tiffany Park
1902 Lake Youngs Way SE

Tiffany Park Elementary School
1601 Lake Youngs Way SE

Tonkins Park
399 Williams Ave. So.

Windsor Hill Park
432 Windsor Way NE

Community Services Administration
1055 South Grady Way
Phone: 425.430.6600
Hours: M-F 8:00am - 5:00pm

Human Services
1055 South Grady Way
Phone: 425.430.6650
Hours: M-F 8:00am - 5:00pm

Sign Me Up!

Resident Policy

Addresses within the greater Renton area do not accurately indicate whether or not a household and/or business is located within Renton city limits or unincorporated King County. If your address conforms to the examples below, you live inside the Renton City limits.

- Have a four digit or less house number and a one or two digit street address. For example, 1234 SE 4th Street, Renton.
- Have a four digit or less house number and a street name. For example, 1234 Main Avenue S., Renton.
- Have a five digit house number and were annexed by the City of Renton after August 25, 2006.



ADA

Accommodations

Most City of Renton facilities are wheelchair accessible. The City of Renton provides reasonable accommodations for those with disabilities. American Sign Language (ASL) interpreter available upon request. For this or other assistance, please call two business days in advance: 711(TDD) or 425.430.6700.

Disclaimer

This brochure is for informational purposes only and is subject to change without prior notification. The classes and workshops offered are designed to be useful and informative. We do not endorse any products or programs that are presented. It is the individual's responsibility to make informed decisions regarding these issues.

Scholarships

Scholarships are available for some classes or programs but scholarship funds are limited. For more information, please call 425.430.6718.

"The Renton School District does not sponsor, endorse, or recommend any of the organizations, services, or activities described in this information. This information is provided solely for the convenience of our students and parents to assist in their review of the safety and suitability of such organizations, services and activities."

Registration Dates

City of Renton residents only:
Tuesday, December 5, 2006

Open registration begins:
Thursday, December 7, 2006

- Registration hours are 7:00am to 7:00pm, Monday through Friday and 8:00am to 5:00pm on Saturday. Registrations not received during registration hours will be processed the following day.
- **Mail-In/Fax-In registrations** received before registration is open to the general public will be processed after 12:00pm on December 8. Walk-in registrations have first priority.
- Participants under the age of 18 must have parent/guardian consent to participate.
- Snacks and/or refreshments may be served at some programs. A portion of the registration fees may be used to purchase supplies and/or snacks.
- Pre-registration is required for all classes unless otherwise noted.
- All classes are held at the **Renton Community Center** unless otherwise noted (site locations can be found under Location of Facilities).
- Fees include Washington State sales tax where applicable.
- **Don't hesitate. Register early to ensure that the program you desire isn't filled or canceled due to below minimum enrollment.**
- Supply fees are additional fees paid directly to the instructor for items not included in the class fee or provided by the Community Services Department.

Satisfaction Guarantee

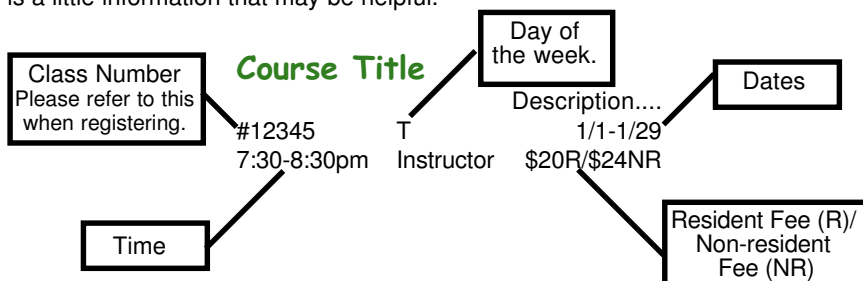
- Full refunds will be made for any program canceled by the City of Renton.
- To request a refund, a **written request** must be received at least three (3) working days prior to the start of the program. A full refund will be issued, or if you'd prefer, we can credit your account for the full amount.
- If after the first class, you are not completely satisfied with your experience, we will refund your full registration or credit your account. After the second class, a refund or credit will not be issued. No refunds will be issued for classes that meet only one time.
- No refunds will be issued to athletic teams, for league play or tournament play, if the request is made after schedules have been completed.
- Henry Moses Aquatic Center canopy cancellations and picnic shelter cancellations must be made at least two (2) weeks in advance of the reservation date to be eligible for a refund. The amount refunded will be the reservation fee less a \$5 cancellation fee.
- Refund requests for circumstances of a different nature will be considered on a case-by-case basis.

Registration Confirmations

To save processing costs, the City of Renton does not send receipts or confirmations. Please keep a record of the dates and times for classes in which you enroll. You will be notified if there is a problem with your individual registration or if a class has been filled, canceled or rescheduled.

What Do Those Numbers Mean?

Confused about how to read this brochure and what all those numbers mean? Below is a little information that may be helpful.



Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Sign Me Up!

Six Easy Ways to Register

Walk-In

Renton Community Center, 1715 Maple Valley Highway, Renton, WA 98057.
Monday-Friday: 7:00am to 7:00pm and Saturday: 8:00am to 5:00pm.

Mail In or Fax In 425.430.6701



Complete the registration form and include Visa or Mastercard number, expiration date and card holder signature. Fax to Renton Community Center during regular business hours or mail to City of Renton Community Center, 1715 Maple Valley Highway, Renton, WA 98057.

Person-to-Person 425.430.6700

Person-to-person phone-in registration is available Monday through Friday, 11:00am to 3:00pm beginning **Thursday, December 14**. Please have registration information and credit card ready.

Internet or Touch Tone 425.430.6729

Our on-line systems, *Cyber Sign-Up* and *Fast Phone-In*, are available 24 hours and allow you to view courses, register, make payments and view account information. To use Cyber Sign-Up go to www.cybersignup.org or visit the City's website at www.rentonwa.gov. For both methods you will need the following:

- Participant barcode
- Family PIN
- Program course number
- Valid Visa or Mastercard number and expiration date

Please Print

Please make checks payable to City of Renton. Notification will be made only if classes are canceled.

Adult: Last Name: _____ First Name: _____

Address: _____ City _____ State _____ Zip _____

Phone (h): _____ (w): _____ email : _____

Participant's Name	Birthdate	Sex	Course #	Course Name	Fee	If course not available, course # of alternative.
				Total:		

"Being fully informed as to these risks and in consideration of my being allowed to participate in City sponsored activities and/or use of City facilities, I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold harmless the City of Renton, its officials, employees and agents and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity." I hereby give permission to the City of Renton and the Recreation Division to use any photos taken during this activity, which might include me or my child (children), in publications promoting programs or activities within the City. Parent or guardian must sign if participant is a minor.

CASH <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
# _____		
EXPIRATION DATE: _____		
CHECK/MONEY ORDER # _____		
DATE: _____		
By: _____		

Signature _____ Date: _____

Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Fitness Pass Special

Make a New You for the New Year!!

Our Fitness Pass Special includes weight room access and use of drop-in volleyball, basketball and badminton. We have televisions in the fitness room and also offer personal training options, fitness and wellness classes, including yoga and aerobics. Stop by the Renton Community Center at 1715 Maple Valley Highway and check us out.



For more information, call 425.430.6700

January through March - \$19.95 a month

January through March - \$19.95 a month

Renton Recreation Division
1715 Maple Valley Highway
Renton, WA 98057

PRST STD
US POSTAGE
PAID
RENTON, WA
PERMIT NO. 137

Postal Patron